

# AQUATICS PROGRAM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ADULT SWIM LESSONS PROGRAM

### Ages 18+

#### Adult Beginner

Attention Parents and Grandparents! While the kids are playing at the beach or pool do you feel left behind because you are not comfortable in the water? There is no time like the present to learn and be ready to join in the fun. Come be part of this class and learn to be comfortable in and around water!

#### Meeting Times

##### Fall I Session:

Wednesday | Sept 4-Oct 16 | 6:45-7:15 pm

##### Fall II Session:

Wednesday | Oct 23-Dec 11 | 6:45-7:15 pm

#### Fee for Session

Member: \$40 | Community: \$80

#### Adult Progressing

You have taken the beginner class or are comfortable in and going under water so it's now time for the next step! In this class you will learn the different strokes and build endurance in the lap pool.

#### Meeting times

##### Fall I Session:

Thursday | Sept 5-Oct 17  
5:30-6 pm

##### Fall II Session:

Thursday | Oct 24-Dec 12  
5:30-6pm

#### Fee for Session

Member: \$40 | Community: \$80

#### Contact/Instructor Information

Gertrude Suhajda, Aquatics Director | [gertrude.suhajda@glymca.org](mailto:gertrude.suhajda@glymca.org) | 262.248.6211 x22

#### Registration

Registration is accepted online at [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org) at the Front Desk or over the phone 262.248.6211.

