



We build strong kids, strong families, strong communities.

Wave Swim Program

This is not your basic swim course. **Participants must be able to swim 25 yards freestyle with rotary breathing and a working understanding of butterfly, breaststroke, freestyle, and backstroke is recommended.** Our highly experienced coaches will incorporate stroke technique and conditioning in every workout, giving each swimmer a workout that revolves around his or her particular needs. This program is the equivalent of passing the American Red Cross Level 3.

Coached by:

Paul Schmidt & Tom Callaway

Are You...

- An experienced swimmer looking to improve technique?
- A swimmer looking for a challenge and looking to take your skills to the next level?

If you are, and you want professionals to show you how to get better, come swim with us.

It's not about swimming more laps; it's about swimming the right way!

How to Get Involved

- **Class Days:** Monday or Wednesday or Tuesday or Thursday
- **Class Hours:** 5:30 – 6:30PM
- **Sessions:**
 - February 1 – February 25
 - March 1 – March 25
 - April 4 – April 29
 - May 3 – May 27
- **Fees: Regular Session:**

YMCA Member:	\$30.00
Non-Member:	\$50.00
- **Ages:** 6 – 18 Years



Class sizes will be kept to a size that ensures good attention for all swimmers. Register today at the Caine Halter YMCA.

WAVE REGISTRATION

Name _____

Address _____ City _____ Zip _____

Age _____ Home # _____ Other # _____

E-Mail _____

RELEASE OF LIABILITY

In the event an accident occurs, I am aware that the YMCA does not provide accidental insurance, and I will not hold the YMCA responsible for any injury.

Signature _____

