



YMCA OF
MARTHA'S
VINEYARD

JOIN US FOR AN
ADULT SWIM CLINIC



- Improve your technique and speed!
 - Learn fun drills
 - Increase your confidence in the water
- 4 sessions once a week on Mondays -
4/29, 5/6, 5/13, and 5/20
9:30-10:15am**

Prerequisite swim skills: Swim 25 yards, tread water for 60 seconds, basic understanding of freestyle and backstroke

\$20 per day for members \$80 for all 4
\$25 for the general public \$100 for all 4

Register for one or all 4 weeks

Register at the front desk

*minimum of 3 per day to run the clinic - Max of 6

**Email Merce Kelso with any questions:
mkelso@ymcamv.org**