



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET INTO THE SWIM OF IT!

## YOUTH DEVELOPMENT AQUATICS IN ACTION INDIANOLA YMCA



Aquatics in Action is a pre swim team program that offers many opportunities for youth to learn and improve on aquatic skills while increasing self confidence. This program refines stroke technique through swimming multiple laps and is a great introduction to a competitive swim team program without the commitment of a team (no swim meets) but with all the FUN of swimming! Aquatics in Action participants are moving from swim lessons and are ready to start lap swimming but need time to build endurance with stroke technique.

**Ages:**

6yr and up

**Cost:**

Y Member: \$60

Non-Member: \$120

**\*\*Participants must complete all levels of Swim Lessons and know all 4 competitive strokes to begin Aquatics in Action. If your child has taken non Y swim lessons or has a solid swimming background, please contact us and we will discuss scheduling a test out option.**

**When: Tuesday & Thursday: 6:15– 7:00pm**

- **Fall 2: October 1st—October 29th (No lesson Oct 22nd)**
- **Fall 3: November 5th– December 3rd (No lesson Nov 28th)**

**Registration Deadline: September 24th, October 29th**

**Space is Limited so sign up today by calling 515-777-7746**

Refund Policy: No refund, system credit or transfer will be allowed after registration deadline.