



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NONCOMPETITIVE LEARNING EXPERIENCE

Questions?  
Call Aquatics @  
(607) 432-0010 x302

**Register at the Welcome Desk!**  
Member Registration: 2/11  
Public Registration: 2/18

## Non-Competitive Swim Team ONEONTA FAMILY YMCA

Join our fun fitness swimming program and find out how to improve your starts and turns, endurance, and stroke performance. This is a great option for those who are ready to move beyond lessons, but are not ready or willing to compete.

Non-Competitive Swim Team is *not* a swim lesson. Swimmers will learn how to refine the competitive strokes they have already learned in lessons. All swimmers in this program must be able to swim one length of freestyle and one length of backstroke without stopping.



**Mon/Wed-**  
**5:30-6:30 pm**

**Friday-**  
**5:30-6:45 pm**

**Session 2 2019 (Feb. 25– Apr. 13)**

**Members: \$125 per session**

**Public: \$258 per session**

