



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPERIENCE SWIM TEAM PERFORMANCE

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.



***This program will follow the session schedule**

Mon/Wed-
5:30-6:30 pm
Friday-
5:30-6:45 pm

Session 1 2019 (Jan. 7 – Feb. 16)

Members: \$108 per session
Public: \$223 per session

