



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGISTRATION STARTS October 9th
SESSION BEGINS week of October 23rd

COMPETITIVE SWIM TRAINING

This program focuses on continuing to build speed, endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Competitive Swim: **Tuesday at 5:00pm**

Swimmers must be able to swim both freestyle and backstroke without stopping for 25 yards.

Members \$25.00 Non Members \$55.00
(5 week session)

Part of the Mission of the Mansfield Area Y is to ensure that no person is denied services due to financial hardships. If you are facing financial hardship or need financial assistance please know Financial Assistance is available

WE HELP WITH:

- Speed
- Power
- Strength
- Endurance
- Performance
- Technique
- Fitness

FOR MORE INFORMATION CONTACT: jjeffery@ymcanco.org Or 419.522.3511.EXT 264