

ADULT PROGRAMS

ADULT AQUATICS

Lap and Open Swim Times

Pick up a schedule at the YMCA desks or check our website: ymcadanecounty.org

On Lifeguard Training with CPR/AED/First Aid

American Red Cross training includes: CPR/AED/First Aid/Lifeguard. Prerequisite: Minimum age of 15, swim 300 yards continuously. Participants must attend all classes listed for that session, no make up classes are offered. Registration begins now!

East Session A	M \$190 P \$200
SA April 17	8:00am-5:30pm
SU April 18	8:00am-4:00pm
SA April 24	8:00am-4:00pm
SU April 25	8:00am-4:00pm

East Session B	M \$190 P \$200
M June 14	8:30am-4:30pm
T-TH June 15, 16, 17	9:00am-4:00pm
F June 18	9:00am-2:00pm

Please bring lunch/snacks with you to YMCA each day of class.

On Masters Adult Swim Program

An opportunity to work out together to maintain and improve physical fitness. Participants must be able to swim 500 yards continuously. Registration is required for program participation.

East		
T/TH	Ages 18+	7:45-9:00pm
West		
M/W	Ages 18+	9:00-10:15pm
		M FREE P \$105

On Stroke Proficiency

An excellent opportunity to learn/ review the competitive techniques and to sharpen your present stroke proficiency involved in freestyle, backstroke, breaststroke, and butterfly. Course includes starts and turns for all strokes.

East		
W	Ages 18+	6:00-7:00pm
		M \$38 P \$76

On Adult Swim Lessons

All abilities welcome!

East		
M	Ages 13+	7:45-8:30pm
TH	Ages 13+	9:00-9:45am
Northeast		
M	Ages 18+	7:15-8:00pm
TH	Ages 18+	9:45-10:30am
West		
TH	Ages 18+	7:00-7:45pm
SA	Ages 13+ Beginner Level 1	8:00-8:45am
SA	Ages 13+ Adv. Beginner Level 2	8:45-9:30am
		M \$38 P \$76



Log Rolling info on page 4

ADULT SPORTS

Adult Pick-up Basketball. Members only.

East		
M/W/F	18+	11:00am-1:00pm
M/W	16+	8:30-10:30pm
SA	18+	6:00-8:00am
Northeast		
M/W/F	18+	6:00-8:00am
M/W/F	18+	11:30am-1:30pm
West		
M/W/F	18+	6:00-8:00am
M/W/F	18+	11:30am-2:00pm
		M FREE

On Golf Lessons

Golfers will learn grip, putting, driving, chipping, iron shot and golf etiquette. We will meet a couple of days at a local golf course. Must bring your own clubs.

East - East YMCA field.		
TH	Ages 16+	6:15-7:00pm
		M \$52 P \$72

Karate - Shorin Ryu

Traditional Okinawan techniques which include emphasis on formal exercise (Kata).

West		
SA	Ages 8-Adult	10:00-12:00pm
		M \$36 P \$72

Karate - Rookie/Novice

For beginner/advanced.

Northeast		
M/W	Ages 13+	8:00-8:50pm
		M \$62 P \$82

On Inayan Eskrima Self Defense

This co-ed program emphasizes self-defense through traditional Filipino martial arts. You will learn practical and effective self-defense skills through the use of equipment and empty-hand techniques. Additional equipment may be required.

East		
TU/TH	Ages 13+	7:00-9:00pm
		M \$45 P \$90



YADULT