

ADULT PROGRAMS

ADULT AQUATICS

Lap and Open Swim Times

Pick up a schedule at the front desk or check our web site at:
www.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. Register at YMCA now!

East Session B -

M	June 14	8:30am-4:30pm
T/W/TH	June 15,16,17	9:00am-4:00pm
F	June 18	9:00am-2:00pm

Northeast

M-F	August 9-13	8:00am-4:00pm
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M \$190 P \$200

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.

West

M/W	Ages 18+	8:30-9:45pm
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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. Starts and turns for all strokes will be included as well.

East

T	Ages 18+	7:45-8:30pm
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M \$50 P \$100

On Adult Swim Lessons

All abilities welcome!

East

M	Ages 13+	7:45-8:30pm
TH	Ages 13+	9:00-9:45pm

Northeast

M	Ages 18+	7:15-8:00pm
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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 \$50 P \$100



ADULT SPORTS

On Inayan Eskrima Self Defense

This co-ed program emphasizes self-defense through traditional Filipino martial arts. The Inayan System Eskrima teaches students practical and effective self-defense skills through the use of equipment and empty-hand techniques. Additional equipment may be required. More information will be given by the instructor.

East

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

On Golf Lessons

Golfers will learn grip, putting, driving, chipping, iron shot and golf etiquette. Class held on the East YMCA field. We will meet a couple of days at a local golf course. Must bring your own clubs. 7 weeks.

East

TH	Age 16+	6:15-7:00pm
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Northeast

T	Age 16+	6:15-7:00pm
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M \$52 P \$72



On Karate - Shorin Ryu

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

West

SA	Ages 8-Adult	10:00-12:00pm
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M \$46 P \$93

On Karate - Continuing/Novice/Intermediate

Includes all Belts. For beginner/advanced.

Northeast

M/W	Ages 13+	8:00-8:50pm
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M \$86 P \$105

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