



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

8/11

## COMPETITIVE STROKE

### What is it?

Competitive Stroke is a 7-week, 45-minute class that meets once a week. A YMCA Swim Team coach teaches the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly). Also, endurance training, diving and turns are introduced.

### Who is it for?

This class is for children, ages 6-13, who enjoy the water, are able to swim one length of the pool (unassisted), and have an interest in learning the competitive swimming strokes and possibly joining the Green Bay YMCA Swim Team in the future.

### What do I wear?

In addition to a swimsuit, a swim cap and goggles are recommended.

### Where should I go on the first day of class?

Meet your instructor on the pool deck.

### How do I register?

To register for this class see our current Program Guide for class days, times, fees and session dates. Then drop by any Green Bay YMCA Front Desk, call 436-9595 or register on line at [www.greenbayymca.org](http://www.greenbayymca.org). Visa, MasterCard and Discover are accepted.

### Other information?

Contact: Dave Korst 436-9624

#### **YMCA Mission Statement**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.