



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Stroke Development

One on one swim instruction designed to master the techniques needed to perform strokes efficiently and most effectively.

If you are looking to try swimming for the first time, training for the Bay swim, a triathlon, or the Quad, the Downtown YMCA can meet your needs!

Members: \$12 for each 30 min. session

Non Members: \$24 for each 30 min. session

For more information please contact
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Aquatics Coordinator
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