



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JUST KEEP SWIMMING.... with the Rosner Swim Club

The Rosner Swim Club offers two 30-minute practices weekly for swimmers who want to maintain their swimming technique and stamina throughout the school year.

The swim club is open to swimmers from age 5 to 18. Participants must be able to swim a length of the pool on their own, and legally swim at least two competitive strokes.

The Rosner Swim Club is an excellent opportunity for summer swimmers to keep swimming and stay in shape during the school year. Our September and October practices are a great way to prepare for the high school swim season.

### Skills that our coaches focus on include:

- all four competitive strokes
- stroke technique and drills
- conditioning
- freestyle and backstroke flip turns
- breaststroke and butterfly open turns
- racing dives from the starting block



### Practice Days and Times:

**Ages 11-18:** Thursdays from 6:30pm -7pm and Sundays from 1:00pm - 1:30pm

<https://operations.daxko.com/programs/redirector.aspx?cid=5011&pid=14050&sid=913768>

**Ages 5-10:** Thursdays from 6:00pm-6:30pm and Sundays from 1:30pm-2:00pm

<https://operations.daxko.com/programs/redirector.aspx?cid=5011&pid=14050&sid=913775>

### The first session begins in September.

- September 2, 5, 9, 12, 16, 19, 23 and 26 (8 practices)
- October 7, 10, 14,17, 21, 24, 28 and 31 (8 practices)
- The schedule for November 2021 through April 2022 to be determined.

*Sign up for one session at a time.*

*Pick and choose the sessions that fit your schedule.*

### Fees for an 8 practice session:

- YMCA Members \$50
- Non-Members \$80