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FOR HEALTHY LIVING  
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# TAKE YOUR SWIMMING FURTHER!



## Join our Fall Swim Club! DANVILLE FAMILY YMCA

The Danville Family YMCA is happy to announce that we are holding a Fall Swim Club once again this season! The Y's Swim Club is the natural progression from our Swim Lessons. Swimmers will focus on fun, fitness, stroke, technique, and learn swim team drills, all while honing their skills in the water further. In order to participate, potential swimmers must be able to swim one length of the pool freestyle (25 yds), 1 length of the pool while backstroking (25 yds), and tread water in the deep end for 30 seconds. The program is open to youth ages 6-16, and the cost is **\$180 for Members and \$360 for Non-Members**. For more information contact our Aquatics Director Kathy Contratto.

**WHEN:** Tuesdays, Thursdays, and Saturdays between 9/19/23 and 10/26/23

**TIME:** 5:30pm - 6:30pm (Tues./Thurs.)  
11:30am - 12:30pm (Sat.)

**LOCATION:** DANVILLE FAMILY YMCA  
215 Riverside Drive  
(434) 792-0621 /  
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