

YWCA Swimming Lessons

August 3rd-August 13th

at Logan High School Pool

6:00-6:30 PM	6:30-7:00 PM	7:00-7:30 PM	7:30-8:00
Level 1,2,3,4,5,6,7	Level 1,2,3,4,5,6,7	Level 1,2,3,4,5,6,7	Adult Lessons

Cost: \$40 per participant

Name: _____ Age: _____ Phone: _____

Address: _____

Level: _____ Time Preference: _____ (must be 42" tall)

Please make check payable to the YWCA and mail this form with payment (on or before July 1, 2009) to:

YWCA

3219 Commerce Street

La Crosse, WI 54603

Or email lmathson@ywcax.org

Questions contact 608 781-2783 ext.5

*All participants will receive a confirmation phone call up receipt of registration

Red Cross Progressions will be taught

Level 1	Primary Skills	Level 5	Stroke Proficiency
Level 2	Stroke Readiness	Level 6	Advanced Skills
Level 3	Stroke Development	Level 7	Competitive
Level 4	Stroke Refinement		

YWCA Coulee Region Rapids Swim Team

Summer May 26th-August 1st Monday-Thursday 5:30-7:00 PM

Fall/Winter September 21st-April 1st Monday-Thursday 6:00-7:30 PM

*Swimmers must be able to swim one length of the pool front or backstroke

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