



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGISTER AT
THE WELCOME
CENTER

IMPROVE YOUR STROKE

Swim Clinics

COUNCIL BLUFFS YMCA



Weekly* clinics for Swim Team and Stage 5 Stroke Development & up kids interested in improving their swim strokes!

Location: Kirn Pool, 100 North Ave., Council Bluffs, IA

Day & Time: Monday-Thursday, 6:00-7:00 pm

Pre-registration - Members: \$15/week • Non members: \$20/week

Day of registration - Members: \$30/week • Non members: \$40/week

**At least 8 students are needed to run each weekly clinic.*

August 7-10:

Monday - freestyle
Tuesday - backstroke
Wednesday - breaststroke
Thursday - butterfly

August 14-17:

Monday - backstroke
Tuesday - breaststroke
Wednesday - butterfly
Thursday - freestyle

August 21-24*:

Monday - breaststroke
Tuesday - butterfly
Wednesday - freestyle
Thursday - backstroke

August 28-31*:

Monday - butterfly
Tuesday - freestyle
Wednesday - backstroke
Thursday - breaststroke

**More advanced workouts will be incorporated toward the end of the month.*