



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ATHLETIC SKILLS LEADERSHIP

SWIM, SPORTS & PLAY Swim X/Training Clinic GARDEN RANCH FAMILY YMCA

Swim/Cross Training clinic is a great program for kids who are serious about getting into shape, cross training or who just want to have some serious FUN!

Swim/Cross Training Clinic is designed to build swimming skills and improve physical fitness through cross training and conditioning drills, and do it all in a fun way. Each day kids will swim under the coaching of Jim Scott, participate in sports such as basketball, wallyball and our Cross Training Olympics while having tons of fun! Swim/Cross Training Clinic is open to kids 10-14 years of age who can swim at least 50 yards.

Jim Scott is a certified USA Swimming Coach and is the Garden Ranch Y swim team coach. He taught survival swimming at the Air Force Academy for 6 years, coached track and field at the collegiate level and has also taught swimming, diving, and SCUBA.

Participants must bring a swim suit, gym clothes, a nonperishable sack lunch and a water bottle or sports drink.

Session Dates:
May 30—June 01

Days: Monday-Wednesday
Time: 10:00 am – 2:00 pm

Cost:
Members \$55.00
Program Members \$75.00

