



The YMCA will be offering a new swim class for adults! We are excited to branch out and serve the Cortland area better with this new class. Since this is a new class for everyone, we would like to offer 2 starter classes on September 25 and October 4 from 10:30-11:15AM on Saturdays. Both of these classes will be offered at no charge. Once at the starter classes we will discuss a more permanent schedule. We would like to be able to customize the classes times and dates so that everyone who would like to participate, is able to! This class is not for those adults who are afraid of the water. If a fearful adult water class is needed, we will gladly at it at a later point in time. This class will focus on three main strokes: freestyle, back stroke, and breaststroke. We will work on developing the proper breathing patterns for the strokes as well as developing endurance in the water. Other topics can be addressed based on participant's interests. If you are interested in this class, we ask that you sign up at the front desk by September 22, 2010. We would like this class to be an ongoing program at the Y, so if you are interested do not delay in signing up!