

YMCA ANTHONY BOWEN SWIM CLUB



The YMCA Anthony Bowen pilot program swim club is a swim program which offers high quality professional coaching and technique instruction for ages 6 to 9 and 10 to 13. We are swim club that participates in age-group swimming under the auspices of the YMCA.

Since competitive swimming is both a highly individual and team sport, the values of sportsmanship, teamwork, and individual development are stressed. The coaching is planned to teach, train and encourage swimmers to achieve their potential in swimming, in the belief that this experience will prove valuable to them as they grow and develop. To enhance the opportunity for this personal development, a policy of "Everybody Swims" is followed.

- Class will be 45 min long from 12:00 to 12:45 on Saturdays.

The Anthony Bowen swim club is a USA Swimming Club founded on the desire to lead its swimmers in reaching the highest level of swimming. Our swim club helps children acquire the training and experience necessary for competitive swimming while nurturing a love for the sport of swimming and developing the values and skills for success.

Required swim skills assessment: Must be able to swim 100 Freestyle, Backstroke and Breaststroke, and 25 Butterfly.