



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG MUSCLES STRONG SWIMMERS

## SWIM CONDITIONING

### JACKSON R. LEHMAN FAMILY YMCA



- ◆ Swim conditioning enables swimmers to improve their muscular strength while maintaining a regular swim schedule.
- ◆ Abdominals, lower back and hip muscles are your stabilizing muscles. This conditioning program will focus on these areas.

Register at the front desk or  
online at [fwymca.org](http://fwymca.org)

Questions? Contact  
[Joe\\_Woodson@fwymca.org](mailto:Joe_Woodson@fwymca.org)  
at 755.4949

Fall 1—Wednesdays,  
Sept 13th—Oct 25th,  
5 PM – 6 PM (6–12 yrs of age)  
6 PM – 7PM (13+ yrs of age)

Fall 2 – Wednesdays,  
Nov 1 —Dec 13th,  
5 PM – 6 PM (6–12 yrs of age)  
6 PM – 7PM (13+ yrs of age)