



Swimming at the YMCA

**Every Friday
10:00am - 12:15pm**

This class will give the participants an opportunity to swim. Swimming offers many benefits including strengthening the cardiovascular systems and the major muscle groups of both the upper and lower body. It also develops flexibility in the muscles and joints as the swimmer performs a wide range of motion against the water's resistance. It is an activity that keeps your heart rate up but takes some of the stress that is common in impact sports off the body. The goal of this class is to increase physical activity and learn safety skills in and around water.

Activity cost: \$3

Class size: 10



**650 W International Airport Rd
Anchorage, AK 99518**



907-433-1700



www.hopealaska.org/community-engagement-center