



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY FOR THE HIGHMARK QUAD SWIM EVENT

SWIMMING SKILLS CLINICS

Downtown Y – March 7, 14, 21, 28 and April 4 @ 7p.m.

Glenwood Y – March 3, 10, 17 & 24 @ 12-1 p.m.

Eastside Y- March 9, 16, 23, 30 @ 12-1 p.m.

Swimmers take your mark, for the Highmark 31st QUAD Swim event on April 14! Whether you're trying the swim event for the first time or are an experienced swimmer, these swimming skills clinics are individually tailored for your experience level. They are led by experienced swimmers.

If you need help with starts, the fundamentals, techniques for improving time, turns, or just gaining the confidence to complete the event – these clinics are for you.

The Highmark QUAD Games is a four-season fitness event for individuals and families (like our picture here). It includes a 100-yard swim, 12-mile bike, 5-mile/5K run/walk and a 2.5-mile ski/showshoe for adults and shorter distances for kids in the Highmark QUAD Kids sponsored by Wegmans.

The Highmark QUAD Games are a community outreach program of the YMCA of Greater Erie.

Cost: \$15/series. Registration is required.

www.highmarkquad.org

