



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVERYONE SHOULD LEARN TO SWIM

YOUTH, TEEN & ADULT AQUATICS GREAT SOUTH BAY YMCA

At the Y, our SWIM programs are about water safety, skill development for all levels from beginner to advanced, and fun for everyone.

YOUTH

Classes include one-on-one instruction, semi-private lessons and classes that are the first steps to gaining independence and confidence in the water. Ages 6 months and up.

YOUTH & TEEN

Instructional levels from beginner to advanced including pre-lifeguarding class and recreational teen lap swim. American Red Cross Lifeguard Training also offered.

ADULT

It's NEVER too late to learn to swim! The Y offers instructional classes as well as exercise and adapted exercise for those with disabilities or in rehabilitation.

9 Week Session September 9—November 10 (One 45 min class/week)

Call, see our website, or see Member Services at the Y to view our complete schedule and register today!

For questions, contact Lisa McKeown, Aquatics Director at (631) 665-4255 ext. 122 or lisa.mckeown@ymcali.org

Financial assistance is available for qualified individuals.

GREAT SOUTH BAY YMCA
200 W. Main St, Bay Shore, NY 11076
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