



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 February 3, 2019—April 13, 2019 (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

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