



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **SAFE SWIMMING SAVES LIVES**

## **Aquatic Programs: Spring/Summer 2017**

### **CAROLINE FAMILY YMCA**

The YMCA has been teaching people how to swim for over 100 years. YMCA swim lessons teach safety and responsibility around the water. Participants gain confidence and self esteem as they work to become better, safer swimmers.

Registration is available at the Caroline Family YMCA Front Desk.

#### **Preschool and Youth Group Lessons:**

**Spring Session April 24th— May 20th**

Monday/Weds or Sat mornings

Registration opens March 22nd

**Summer Session #1 June 5th-June 28th**

Monday/ Weds or Sat mornings

Registration opens May 17th

**Summer Session #2 July 10th-August 5th**

Monday/ Weds or Sat mornings

Registration opens June 24th

#### **Youth/Teen Swim Club:**

Registration ongoing for Jan-May swim club passes.

**Spring Session— April 24 - May 20th:**

Mondays 4:30-5:30, Tues/Thur-6:45-7:45pm,



#### **Adult Lessons:**

Beginner, intermediate and Learn to Lap Swim lessons are available as needed.

Please fill out request form at the front desk.

#### **Adapted Lessons:**

We offer lessons for children and adults with special needs. Private Lessons available. Please fill out request form at front desk.

#### **Private Lessons:**

Lessons available for 1-2 participants per instructor. Please fill out request form at front desk.

#### **Additional Information:**

For registration and request forms please visit [www.family-ymca.org](http://www.family-ymca.org)

#### **Contact Information:**

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