



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

SAFE SWIMMING SAVES LIVES

Aquatic Programs: Winter/Spring 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.

Child to Youth Group Lessons:

Winter session #1 - January 16th - February 11th

Registration opens January 2nd

Winter session #2 - February 27th - March 25th

Registration opens February 6th

Youth/Teen Swim Club:

Registration ongoing for Jan-May swim club passes.

Winter session #1 - January 17th - February 11th:

Tues/Thur-6:45-7:45pm, Sat. 9:00-10:00am

Winter session #2 February 27th - March 25th:

Mon.-3:30-4:30 Tues/Thur-6:45-7:45pm, Sat. 9:00-10:00am

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



Contact Information:

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