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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SKILLS THAT SAVE LIVES

STRONG SWIMMERS. CONFIDENT KIDS

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids.

Our new swim lesson progression curriculum is geared towards what we know about how children and adults learn and develop. Students begin with and build upon skills they are ready to learn, helping them to celebrate their successes, build self-confidence, enjoy learning to swim, and water safety. Our new swim curriculum is based on extensive research, and we look forward to seeing swimmers advance quicker through each stage.

Classes are available for all ages and availability levels. Membership to the YMCA is not required for participation.



REGISTER NOW!

Classes are filling quickly for our next session of swim lessons which begins on October 22nd!

Visit www.gmvymca.org/swim-lessons or contact Sam at sknoche@gmvymca.org for more information.