



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STILL COOL TO BE IN THE POOL

## Winter Swimming Lessons SOUTHSIDE YMCA

Just because the summer is over doesn't mean you can't make a splash with swimming lessons at the Y! Swimming lessons offer children and adults in our community the opportunity to gain confidence in the water, learn water safety, play games and grow through character development. Swimming lessons are taught by trained YMCA swimming lesson instructors

- Preschool, youth, and adult lessons are available for participants 3 years and older
- Introductory parent/child lessons are available for infants 6-36 months

<u>Tuesday &amp; Thursday</u>		<u>Saturday</u>	
4 Weeks 8 Lessons	Parent/Child 5:30-6PM	6 Weeks 6 Lessons	Adult: 8:00AM
Jan 24-Feb 23	Preschool 3-5 6-6:30PM	Jan 21-Feb 25	Preschool 3-5 8:30AM
Feb 28-March 23	Youth 6-12 6:30-7PM		Youth 6-12 9:00 AM
	Teen/Adult: 7-7:30PM		Parent /Child 9:30AM

