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.