



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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 November 17, 2019 —February 1, 2020 (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. 6717 or  
[lisa.mckeown@ymcali.org](mailto:lisa.mckeown@ymcali.org)

Financial assistance is available for qualified individuals.

**GREAT SOUTH BAY YMCA**  
200 W. Main St, Bay Shore, NY 11076  
(631) 665-4255 [www.ymcali.org/great-south-bay](http://www.ymcali.org/great-south-bay)