



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winona Family YMCA



SWIMMING WITHOUT LIMITS

Adaptive Swim Lessons

Our adaptive swim lessons focus on comfort in the water, safety in and around water and learning basic swim skills that can be adapted and accommodate the participants' individual abilities, needs, and goals. Guardians/caregivers will be able to participate in the water if wanted, otherwise we will offer an instructor for each student.

Fridays January 17-February 7, 2025

4:30-5pm 5-8 YR OLD ADAPTIVE

5:15-5:45pm 9+ YR OLD ADAPTIVE

\$50/Member
\$65/Non-member

Registration opens December 1, 2024

Register in person or online: www.winonaymca.org

Thank you to our program sponsor!

