



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 participate in the water for ages 0-5; swim support will be provided for those 6+ if requested.

Fridays October 17–November 7, 2025

4–4:30pm

4:30–5pm

5–5:30pm

\$55/Member
\$70/Non-member

Financial
Assistance is
available!

Registration opens September 22–October 3

Register in person or online: www.winonaymca.org

Thank you to our program sponsors!

