



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 October 20 –November 10

5–12 year old: 4:35–5:10 pm

\$35/Member

\$45/Non-member

18+ year old: 4:00–4:30 pm

\$35/Member

\$45/Non-member

Register in person or online at www.winonaymca.org