



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Winona Family YMCA



# SAFE SWIMMERS CONFIDENT KIDS

## 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 will be able to participate in the water if wanted, otherwise we will offer an instructor for each student.

### Registration is Open

**Session Dates: 9/15-10/6**

**Cost: \$35**

#### **Fridays**

**5-8 year olds: 4:00-4:30pm**

**9-12 year olds: 4:35-5:05pm**

Register in person or online at [www.winonaymca.org](http://www.winonaymca.org)