



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winona Family YMCA



SWIMMING WITHOUT LIMITS

All Abilities Swim Lessons

Our All Abilities 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 September 12-October 3, 2025

4-4:30pm: SCHOOL AGE (Ages 6-10)

4:35-5:05pm PRESCHOOL (Ages 3-5)

Parents required in the water

5:10-5:40pm PARENT & TOT (Ages 0-2)

Parents required in the water

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

**Financial
Assistance is
available!**

Registration opens August 11, 2025

Register in person or online: www.winonaymca.org

Thank you to our program sponsors!

