



Winona Family YMCA

STRONG SWIMMERS CONFIDENT KIDS

SUNDAY SWIM LESSONS

September 7–October 19, 2025

Students will learn water safety and achieve swimming competencies such as basic stroke development, floating, and entering/exiting water safely. Our programs follow the American Red Cross Learn-to-Swim Program.

Parent & Child

3:15–3:45pm

Preschool

Preschool 1: 2:40–3:10pm

Preschool 2: 2:05–2:35pm

Preschool 3: 1:30–2pm

School Age

School Age 1: 2:40–3:10pm

School Age 2: 2:05–2:35pm

School Age 3: 1:30–2pm

School Age 4/5: 3:15–3:45pm

Member \$75

Non-member \$100

Registration opens 8/25 for members;
8/27 for everyone

Register in person or online: www.winonaymca.org

Not sure which level to enroll in? Please ask about a swim lesson evaluation or visit our website to help you decide: www.winonaymca.org/programs/aquatics/group-swim-lessons



Thank you to our program sponsors!

