



# Winona Family YMCA **Trinona Swim Training**

**March 10-May 16, 2025**

**Tuesdays 6-7am**

**and/or**

**Wednesdays 5:30-6:30pm**

**1-day/week: \$65-members, \$75-non members**

**2-day/week: \$100-members, \$120-non members**

**This session will teach open water swimming skills.**

**You must be able to swim 300 yards (6 laps)  
to register for this session.**

**Goggles strongly recommended**

**Must be 16 years or older**

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