



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SWIMMING SAVES LIVES

## Aquatic Programs: Summer and Fall 2018

### CAROLINE FAMILY YMCA

The YMCA has been teaching people how to swim for over 100 years. YMCA swim lessons teach safety and responsibility around the water. Participants gain confidence and self esteem as they work to become better, safer swimmers.

Registration is available at the Caroline Family YMCA Front Desk.

#### Child to Youth Group Lessons:

**Summer Session#1 Mon/Wed:** June 4– June 27

**Saturdays:** June 9– June 30

Registration opens May 1

**Summer Session #2 Mon/Wed** July 9– August 1

**Saturdays:** July 14– August 4

Registration opens June 23

**Fall Session #1 Mondays:** Sept. 10–Oct. 3

**Saturdays:** Sept. 15–October 6

Registration opens July 21

**Fall Session #2 Mon/Weds:** October 22–November 14

**Saturdays:** October 27– November 17

Registration opens September 29

#### Youth/Teen Swim Team:

Our year round Y swim team, the Krakens, begins September 10– December 8. Registration opens July 30th.

Parent meeting will be on August 19.

#### Adult Lessons:

Beginner, intermediate and Learn to Lap Swim lessons are available as needed.

Please fill out request form at the front desk.

#### Adapted Lessons:

We offer lessons for children and adults with special needs. Private Lessons available. Please fill out request form at front desk.

#### Private Lessons:

Lessons available for 1-2 participants per instructor.

Please fill out request form at front desk.



#### **Contact Information:**

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Swim Lesson Coordinator

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