



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROTECTING OUR CHILDREN THRU SWIM LESSONS

Bringing High Standard Water Safety To The Community ROCKY MOUNT YMCA

Everyone should learn how to swim, especially children. Located between two lakes, several rivers & countless pools it is imperative that our children know how to swim. Here at they YMCA they will focus on:

- Water Safety
- Becoming strong confident swimmers
- Gaining skills that will give them the best survival chance in the water.



LESSONS EITHER M&W OR T&TH

SESSION 1: Aug 27-Sept 20

SESSION 2: Sept 24-Oct 18

SESSION 3: Oct 22-Nov 15

Members-\$55 Non-Members-\$80

AM Classes-School Age and Preschool

Level 1—9:00-9:30

Level 2—9:45-10:15

Level 3—10:30-11:00

PM Classes-School Age and Preschool

Level 1—4:00-4:30

Level 2—4:45-5:15

Level 3—5:30-6:00

Level 4—6:15-6:45

Level 5—7:00-7:30