



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:** Jan 07– Jan 31

**SESSION 2:** Feb 04– Feb 28

**SESSION 3:** Mar 04– Mar 28

**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