



STRONG SWIMMERS CONFIDENT KIDS

The Y.™ For a better us.



Bringing High Standard Water Safety To The FRANKLIN COUNTY FAMILY 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 the 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 MON-THU

SESSION 1: Jan 04 – Jan 14

SESSION 2: Jan 18 – Jan 28

SESSION 3: Feb 01 – Feb 11

SESSION 4: Feb 15 – Feb 25

SESSION 5: Mar 01 – Mar 11

SESSION 6: Mar 15 – Mar 25

Members-\$60 Non-Members-\$85

Rocky Mount YMCA
235 Technology Dr., Rocky Mount, VA 24151
(540)489-9622

SCHEDULE

AM Classes-School Age and Preschool
(Level 1, 2 and 3)

9:00-9:30

9:45-10:15

10:30-11:00

PM Classes-School Age and Preschool
(Level 1, 2 and 3)

4:00-4:30

4:45-5:15

Parent/Tot
5:30-6:00