



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIMMING LESSONS BUILD CONFIDENCE

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.

## TIMES

### Swim Lessons (Ages 3-10)

#### AM Times (Mon-Th)

9:00-9:30

9:45-10:15

10:30-11:00

#### PM Times (Mon-Th)

4:00-4:30

4:45-5:15

5:30-6:00

**LESSONS MONDAY - THURSDAY**  
**SESSION 6: JUNE 6 - JUNE 16**  
**SESSION 7: JUNE 20 - JUNE 30**  
**SESSION 8: JULY 11 - JULY 21**  
**SESSION 9: JULY 25 - AUGUST 4**  
**\*LIMIT 8 STUDENTS PER CLASS**

**MEMBERS  
\$60**

**NON  
MEMBERS  
\$85**

### MOMMY AND ME IS BACK!

AGES 0-3

FRIDAY'S

4:00PM-4:30PM OR

4:45PM-5:15PM

DATES: MAY 20 - JULY 8

COST: MEMBER \$45

NON-MEMBER \$60

**Rocky Mount YMCA**  
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