



# ADULT CONFIDENCE. WATER SAFETY.

## ADULT SWIM LESSONS AT THE Y

Adult Swim Lessons at the Y are totally tailored to your goals. Whether you're acclimating yourself to the water or fine tuning your technique, our Adult Swim Lessons are for you! Minimum age is 15. For more info contact [kathy.contrato@ymcadvanville.org](mailto:kathy.contrato@ymcadvanville.org).

» Ages 15+

Member price - \$60

Non-Member price - \$120

One Session = 5 Lessons

For a better us.®

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[ymcadvanville.org](http://ymcadvanville.org)



# 2024 DATES AND TIMES



**Adult Swim Lessons are registered in sessions of five lessons at a time. Adult Lessons are currently held on Friday nights from 7:30 - 8:15PM, once a week for five weeks. Session dates are as follows:**

**Jan 12 - Feb 9**

**Feb 23 - Mar 22**

**Apr 5 - May 3**

**May 17 - Jun 14**

**Jun 28 - Jul 26**

**Aug 9 - Sep 6**

**Sep 20 - Oct 18**

**Nov 1 - Nov 29**

**\*PLEASE NOTE:**

**If any lessons are cancelled for weather, pool maintenance, etc, there will be makeup dates scheduled.**