

Y AQUATICS™

We build strong kids, strong families, strong communities.

ADAPTED AQUATICS SWIM LESSONS

The YMCA's Adapted Aquatics program is designed as a Private lesson for a person of any age and water skill. It is specially modified to cater to any physical or mental disability or need. Lessons include instruction on how to float independently and with a device, how to control breathing, kicking, basic paddling, front crawl, back stroke, and jumping or diving into the pool. Participants will also receive special attention and instruction that may help develop competency in the water as well as improve overall coordination, speech and language, strength, endurance, range of movement, as well as, social and attending behaviors. For more information, please see the back of this flyer.

PRICES:

Private Lessons:	\$200.00	YMCA Members
	\$250.00	Activity Member
-or-		
Try it today:	\$25	(One trial lesson)