

# Y SWIM LESSONS™ &

We build strong kids, strong families, strong communities.

# Y YOUTH™

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*Presents*



## GYM & SWIM PROGRAM

**Our Gym & Swim program help prepare and reinforce habits that build a healthy, active lifestyle. Through age-appropriate activities, led by our trained instructors, your child will increase flexibility, balance, rhythm and overall body awareness. Your child's independence, confidence and movement skills will improve over time as well. The YMCA core values of caring, honesty, respect and responsibility are an integral part of each class.**

*\*Age requirements range from 3 through 5 years of age.*

<b>Tuesday</b>	<b>10:30-11:30 am</b>	<b>\$90/\$180</b>
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