



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPLORE NEW DEPTHS

TOM A FINCH COMMUNITY YMCA ADULT SWIM LESSONS

Build confidence! Make yourself safe around water!

September Classes: Sept. 5-21

October Classes: Oct. 3-19

**Tuesday/Thursday evenings
6 Lessons, 2 times a week**

Ages 15 years & older

6:00-7:00 PM

Cost:

Members: \$20

Program Participants: \$50

Registration OPENS August 10th!

Register EARLY in house or online!



Contact Alex Laughlin, Swim Lesson Coordinator • Alex.Laughlin@MyYNow.org • 336-475-6125

Contact Melynda Brewer, Aquatics Director • Melynda.Brewer@MyYNow.org • 336-474-5245