



IT'S NEVER TOO LATE TO LEARN

Adult Swim Lessons

Whether overcoming fear of the water or refining your swim stroke skills for better fitness, it's never too late to enjoy the fun and health benefits of swimming.

The Y is here to help you learn to swim confidently, in a supportive environment!



FALL 2 SESSION 2021 OCTOBER 25 - DECEMBER 19 (No classes November 25-28)

Adult Beginner Lessons

Tuesday 10:30 - 11:30 a.m.
Thursday 10:30 - 11:30 a.m.

Adult Intermediate Lessons

Monday 10:30 - 11:30 a.m.
Friday 10:30 - 11:30 a.m.

Fee

Member: \$176
Non Member: \$272



Masters Swimming

Thursday 7:00 - 8:00 p.m.
Saturday 7:00 - 8:00 a.m.

Fee:

Single Day - Member: \$53 | Non Member: \$80
Two Days - Member: \$75 | Non Member: \$112

Registration starts: Family Members Oct. 11 | Other Members Oct. 14 | Non Members Oct. 18

All classes will be held in the Bodman Pool. For questions and additional information, contact aquatics@ymcanj.org.

RED BANK FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY

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YMCA.NJ.org

Here for all.

Financial assistance is offered based on availability of funds.