

RED BANK FAMILY YMCA ADULT SWIM LESSONS

SPRING II • APRIL 24–JUNE 18, 2023

PROGRAM REGISTRATION BEGINS:

Family – APR. 10 | All Other – APR. 13 | Non-Members – APR. 17



IT'S NEVER TOO LATE
TO LEARN

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!

ADULT SWIM LESSONS AGES 15+ 8/45 MIN. CLASSES MEMBER \$120, NON-MEMBER \$184						
STAGE/PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT BEGINNER	10:45 A.M. 5:40 P.M.		10:45 A.M.			
ADULT INTERMEDIATE		10:45 A.M.		10:45 A.M.		

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YMCANJ.org

1122-6563-RBY

Here for all.
Financial assistance is offered
based on availability of funds.