



ADAPTIVE SWIM LESSONS

SWIMMING WITHOUT LIMITS

- Adaptive one-on-one swim lessons.
- Emphasis on increased flexibility, balance, range of motion, muscle tone/coordination and general social skills.
- Classes focus on water safety, water adjustment and stroke development.
- Teaching basic survival skills, independent flotation, breath control, kicking, paddling, front & back crawl, jumping & diving.
- Lessons are designed for children 3 and up with cognitive or physical disabilities.



*Due to lessons already being discounted they do not qualify for financial aid



**YMCA HEALTHY LIVING CENTER AT
NORTH RIVER**
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For Questions or Registration
Contact Cassie Honey at
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Our Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.