



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

BOGO DEAL
BUY 4 GET 4!
Spots are
LIMITED

DOWNTOWN FAMILY YMCA

301 W. 6th Street Chattanooga, TN 37402
423.266.3766

ymcachattanooga.org

Packages:

1 Lesson- \$30

4 Lessons- \$95

10 Lessons- \$220

PLUS 40% DISCOUNT



For Questions or Registration

Contact Rick Dunn at
rdunn@ymcachattanooga.org

Our Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.