



ADULT CONFIDENCE. WATER SAFETY.

ADULT SWIM LESSONS AT THE Y

Adult Swim Lessons at the Y are totally tailored to your goals. Whether you're acclimating yourself to the water or fine tuning your technique, our Adult Swim Lessons are for you! Minimum age is 15. For more info contact kathy.contratto@ymcadanville.org.

For a better us.®

» Ages 15+

Member price - \$60

Non-Member price - \$120

One Session = 5 Lessons

434.792.0621

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ymcadanville.org



DATES AND TIMES



Adult Swim Lessons are registered in sessions of five lessons at a time. Participants can choose between Friday nights or Saturday mornings, once a week for five weeks. Friday Night lessons are from 7:30-8:15PM, and Saturday Morning lessons are from 11:45AM-12:30PM. Session dates are as follows:

Friday Night	Saturday Morning
Jan 20 - Feb 17	Jan 21 - Feb 18
Mar 3 - Mar 31	Mar 4 - Apr 1
Apr 14 - May 12	Apr 15 - May 13
Jun 2 - Jun 30	Jun 3 - Jul 1
Jul 14 - Aug 11	Jul 15 - Aug 12
Aug 25 - Sep 22	Aug 26 - Sep 23
Oct 6 - Nov 3	Oct 7 - Nov 14

***PLEASE NOTE:**

If any lessons are cancelled for weather, pool maintenance, etc, there will be makeup dates scheduled.