



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ANYONE ANY AGE CAN SWIM



## ADULT SWIM LESSONS AT THE DEVOS-BLUM FAMILY YMCA

Swimming is a great way to stay active and get fit! Anyone at ANY age can learn to swim or refine their strokes.

This once a week 6-week swim lesson session is designed for teens (ages 13+) and adults. Participants are taught in small groups with other adults by an adult instructor.

The Y follows CDC guidelines and enhanced safety procedure to ensure a safe and positive experience for all.

**WEDNESDAY EVENINGS**  
**October 6 - November 11**  
**5:50-6:20pm**  
**Instructor: Martha**

**TUESDAY MORNINGS**  
**October 5 - November 10**  
**10:30-11:00am**  
**Instructor: Martha**

**COST:**  
**\$50 Y Members**  
**\$115 non-members**

**QUESTIONS? 561-738-9622 or [YMCASPBC.ORG/AQUATICS](https://www.ymcaspbc.org/aquatics)**

\*\*Severe weather make ups will be offered on Fridays. Please ask for severe weather/make up policy upon registration.