



STRONG SWIMMERS CONFIDENT KIDS

SIGN UP FOR SWIM LESSONS!

JANUARY 2022 SESSIONS

Cost per session:

\$30 Y Member

\$37 Participant

Register online:

www.hendersonymca.org

Questions?

Call Tanya 252.438.2144

tanyaymca@yahoo.com

Ages 5—12

Beginners—weekly sessions
Mon & Wed 5:30-6:00 pm
Water discovery & exploration

Advanced— 2 week sessions
Mon & Wed 6-6:30 pm
Basic swim strokes; distance
training

Preschool—weekly sessions
Mon & Wed 5:00-5:30 pm
Age 2—5
Comfort & confidence, water
safety, proper positioning

Adult—weekly sessions
Mon & Wed 6:00-6:30 pm
Tues & Thurs. 9:30-10 am &
10-10:30 am &
Workshop on techniques & skills

Private—Call for details



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HENDERSON FAMILY YMCA
380 Ruin Creek Road • Henderson, NC 27536
252.438.2144 • tanyaymca@yahoo.com
www.hendersonymca.org