



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM CLUB FOR ALL

INTRODUCING OUR NEW ADULT ADAPTIVE SWIM CLUB



SUNDAYS 4/22/18 – 6/17/18

1:30 – 2:30 PM

Ages 17+

This organized cooperative swim program is designed to develop new friendships while building strength & endurance with swim calisthenics, intervals and games.

The swim club will be led by a SOMA certified instructor. Swimmers of all abilities are welcome to work at their own pace with their preferred swim movements or strokes.

The class structure and instruction is ideal for adults with developmental disabilities and/or Autism. Swimmers are required to pass the "Green Band Test".

Emilson YMCA, 75 Mill Street, Hanover, MA

Registration opens April 2nd - To Register: www.ssymca.org/programs

Contact: Meaghan Hilton, Aquatics Director | mhilton@ssymca.org | (781)829- 8585 Ext. 8238

SOUTH SHORE YMCA | ssymca.org