



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT SWIM BASICS

FREE ADULT SWIM LESSONS

- This program is intended for our ADULT community members who are 'new' to the sport of swimming.
- Saturdays from 7:45 -8:30 am; 5/4 - 6/15

FREE TO OUR COMMUNITY MEMBERS
thanks to our partnership with
US Masters Adult Learn to Swim Program



FOR MORE INFORMATION

Contact Anna Seiffert,
anna.seiffert@ymcade.org

Registration required; space is limited.

Sussex Family YMCA
20080 Church Street
Rehoboth Beach, DE 19971

