



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FALL I SESSION
September 9th - October 18

SWIMMING FOR ALL!

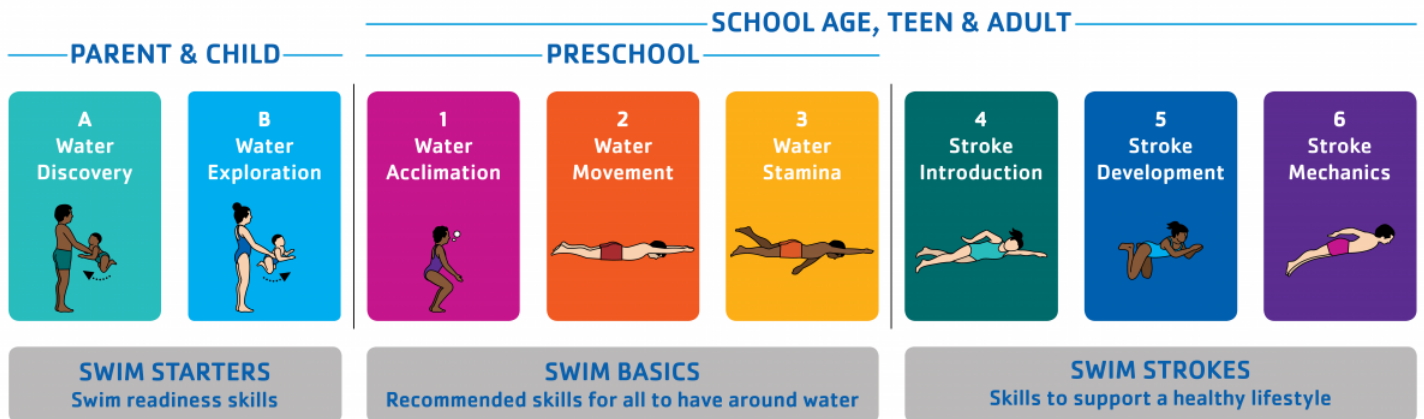
A/B PARENT CHILD 6 MONTHS- 2 YRS
PRESCHOOL (P) LESSONS AGES 3-5
SCHOOL AGE (S) LESSONS AGES 6-12

Registration
YMCA members: August 19th
Community members: August 26th
at 12pm!

Evening Lessons- Downtown Duluth Branch

TIME	TUESDAY	THURSDAY
4:30-5:00 P.M.	1P Water Acclimation	1P Water Acclimation
4:30-5:10 P.M.	2S Water Movement	3S Water Stamina
5:10-5:40 P.M.	A/B Parent-Child	1P Water Acclimation
5:20-6:00 P.M.	2S Water Movement	2S Water Movement
5:45-6:15 P.M.	2P Water Movement	2P Water Movement
6:05-6:45 P.M.	3S Water Stamina	3S Water Stamina
6:20-6:50/7:00 P.M.	3P Water Stamina	4S Stroke Introduction
6:50-7:30 P.M.	4S Stroke Introduction	5S/6S Blended

***All program participants in swim programs receive validated parking at the Holiday Inn ramp next door!



Please contact the Program Director with any questions or concerns about Swim Lessons at
218-722-4745 ext 131 or cfroemke@duluthymca.org