

AQUATICS PROGRAM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW! ADAPTIVE AQUATICS PROGRAM

Ages 3–adult

Group or Private Classes Available

Designed for children and adults with neurological, developmental and cognitive challenges, this program teaches students how to be comfortable in the water, swimming actions and water safety. All classes are adapted to work with each participant. Classes are held in the YMCA indoor activity pool.

Group Classes

These classes are structured to have a caregiver in the water to help the participant. Class space is limited to five participants and their caregivers to allow for some one on one time with the instructor.

Meeting Times

Fall I: Sept 3-Oct 20

Fall II: Oct 21-Dec 15

Thursdays

Ages 3-10 | 4:30-5 pm

Ages 11+ | 5-5:30 pm

Group Fee with Caregiver:

Member: \$40 | Community: \$80

Private Classes

These classes are scheduled one-on-one with an instructor at a time that works best for both the participant and instructor. Lessons are sold in packages of five and each session is 30 minutes.

Private Fee

Member: \$75 | Community: \$100

Registration

An Adaptive Aquatic Participant form must be completed and submitted online at XXX and then our staff will contact and register you for class.

Contact/Instructor Information

Gertrude Suhajda, Aquatics Director | gertrude.suhajda@glymca.org | 262.248.6211 x22