



# FIND YOUR SWIM SKILLS.

Swimming is one of life's most essential skills: the ability to swim can help save your life or someone else's life, while introducing you to a lifetime of healthy, enjoyable activity in the water.

## **Summer 2023 Swim Session: July 10th—September 28th**

30min lessons, 2 times a week (M/W or T/Th) = 24 lessons!

**REGISTRATION OPENS: JUNE 22nd @5:30 A.M.**

### **\*NEW OPTION\***

*Summer Swim Intensives for those needing lessons to accommodate vacation & family visits.*

30 min lessons, 4 days a week (Mon-Thur) = 8 lessons!

Summer Intensive #1 July 10th-July 19th

Summer Intensive #2 July 31st—August 10th

Summer Intensive #3 August 21st-September 1st

**REGISTRATION OPENS: JUNE 26th @5:30 a.m**



**FIND YOUR Y AT  
SALEEBY Family  
YMCA  
SWIM TODAY**

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910-426-9622 [www.ymcaofthesandhills.org](http://www.ymcaofthesandhills.org)