



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

11/11

ADULT SWIM LESSONS

14+ years

Whether your goal is to build confidence in the water, swim faster, learn the butterfly or get that flip turn just right, let us help you achieve it! Our adult swim lessons have an open format so that individual goals will set the pace. Increase your confidence, physical fitness and swimming ability while meeting a few other adults who are doing the same.

How do I register for class?

You may register at any YMCA front desk, by telephone (436-9595) or on line (www.greenbayymca.org). Discover, Visa and MasterCard are accepted.

How do I prepare for class?

Wear a swim suit and bring a towel. Be ready to tell your instructor your expectations & goals and be willing to try new things!

Where do I go on the first day of class?

Please check in at the front desk on the first day, and a staff person will direct you to the appropriate locker room. Once you have changed, meet your instructor on the pool deck.

Who should I ask if I have additional questions?

You may speak with the instructor directly or with the Aquatics Director or Aquatics Coordinator at your center. Or, stop at the front desk and a staff person can put you in contact with the Director/Coordinator.

Is it possible to make up a missed class?

In order to meet safety and quality standards with student/teacher ratios, make-up classes are not available. If you must cancel your class because of medical reasons, with doctor verification, you may contact the front desk for a partial credit.

Have a wonderful time in class, and please let our staff know if we can be of assistance!

Downtown, 436-9672
Broadview, 436-9589
East Side, 436-1246
West Side, 436-9518

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For more information, call the YMCA at 436-9629.