

GOT WATER? Be safe!

YMCA offers flexible four-week swimming classes for busy vacation schedules

Princeton, July 17 – This summer, the Princeton Family YMCA is offering swim instruction in a four-week format to accommodate busy summer vacation schedules. “Ordinarily our sessions run for eight weeks,” explains Associate Aquatics Director Paul Zeger, “but with vacation planning, that makes it hard for many families to fit in swim lessons during the peak summer season.” The four-week format includes two lessons per week, instead of just one, providing an accelerated program that is comprehensive and covers the entire standard YMCA curriculum. The YMCA has been a leader in providing top quality swimming instruction for more than 100 years, and was the organization that developed formalized swim lessons as part of its charitable mission.

The next round of four-week sessions begins Monday, July 27. Financial assistance is available. To register, contact the YMCA’s Membership Services at 609-497-9622 x204 or visit www.princetonymca.org.

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Aquatics and swim instruction are among the many programs that support the Princeton Family YMCA’s commitment to the holistic development of children and youth, healthy lifestyles for all, and family strengthening. The Princeton Family YMCA is a charitable organization dedicated to building strong kids, strong families and strong communities. For more information about YMCA programs visit www.princetonymca.org or call 609-497-9622 x204.