



# FREE WATER SAFETY LESSONS

The ability to swim can help save your life or someone else's life and introduces you to a lifetime of healthy, enjoyable activity in the water. Children ages 3-17 will learn how to safely submerge in water, float, swim to a safe exit point, and participate in discussions about safe practices around various aquatic environments. This program is offered at no cost to the individual with the intention of making water safety accessible to the community.

For a better us.®



**SIGN UP TODAY**

**NORTH RIVER FAMILY YMCA**

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