



FREE Adult Swim Lessons

Never learned how to swim? Afraid of the water? Need to improve your strokes and/or breathing technique? Working towards a triathlon? The Worcester Area Masters Swimmers, teaching at the Central Community Branch in Worcester, Are offering swim lessons – FOR FREE. Space is limited. First come, first serve. You must attend an Info Session.

MONDAYS: Info session 3/28 at 7:15PM: registration, water safety & organization to small groups. In water classes: 4/4, 4/11, 4/25 & 5/2 at 7:00PM

OR

THURSDAYS: Info session 3/31 at 7:15PM: registration, water safety & organization to small groups. In water classes: 4/7, 4/14, 4/28 & 5/5 at 7:00PM

Location: Central Community Branch YMCA, 766 Main Street, Worcester

**Information Sessions are mandatory; please choose the day (Monday or Thursday) that works best for your schedule – ALL MONTH! You should attend the information session on the same weekday as your intended swim lessons.

For more information email Cathy at: cj.qkona@gmail.com

“Adults aspire to swim more than any other activity.... yet 37% cannot swim the length of a pool.”