



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONFIDENCE WITH EVERY STROKE

FREE ADULT SWIM LESSONS



Never learned how to swim? Afraid of the water? Need to improve your strokes and/or breathing technique? The MidCoast Masters Club at the Penobscot Bay YMCA is offering five **FREE** swim lessons. Choose from one of the following classes:

Tuesdays	12:00 - 12:45 pm	September 25 - October 23
Wednesdays	7:00 - 7:45 pm	September 26 - October 24
Saturdays	9:30 - 10:15 am	September 29 - October 27

REGISTER TODAY!

Space is limited. Call or email Adult Learn-to-Swim Instructor Susan Rardin susanrardin@gmail.com or call 207-505-0588.