



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIMMING WITH PURPOSE

## ADAPTIVE SWIM LESSONS



The Gateway Family YMCA is excited to announce the addition of Adaptive Swim Lessons to our Aquatics program! Starting in September the program will be offered at both The Five Points and Rahway branches! This program is sponsored by a grant from USA Swimming, at no cost to the participant's families. Lessons are 30 minutes and the ratio is 2 students to 1 instructor once a week for 4 weeks.

\*upon registration, you will be contacted by the Aquatics Department to discuss your child's needs\*

Tuesday 6p-6:30p, 6:30p-7p, 7p-7:30p, 7:30p-8p | Wednesday 7p-7:30p, 7:30p-8p  
| Thursday 7p-7:30p, 7:30p-8pm |

Registration starts: August 22nd, online at [tgfymca.org](http://tgfymca.org) or at our Welcome Center  
Contact Jessica Keavney for more information at [jkeavney@tgfymca.org](mailto:jkeavney@tgfymca.org)

## THE GATEWAY FAMILY YMCA

Five Points Branch 201 Tucker Ave, Union, NJ | 908-688-9622  
Rahway Branch 1564 Irving Street, Rahway, NJ | 732-388-0057