



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HEALTHY LIVING CENTER AQUATICS PROGRAMS

SPRING 2020

Water Volleyball

Members ages 30+ can enjoy a free, member-led water volleyball group. Classic beach volleyball, played from in the water for an added twist!

Tuesday: 5:30-6:30 pm

Thursday: 5:30-6:30 pm

Member: FREE

Group & Private Adult Swim Lessons

NEW PROGRAM BEING OFFERED!

Group Lesson times:

Beginner: Mondays 4:00-4:40 pm

Intermediate: Thursdays 4:00-4:40 pm

Advanced: Saturdays 11:00-11:40 am

Private Lesson times offered on specific days and times

Prices NOT included in membership

Public CPR/First Aid Course

New course being offered!

Days and times TBD



AQUATICS CONTACT:

Sidney Gotto, Aquatics Director

712-323-5995 • sgotto@metroymca.org

Register at the YMCA Healthy Living Center Welcome Center or online: metroymca.org