



## RARITAN VALLEY YMCA

*We build strong kids, strong families, strong communities.*

SUNDAYS SEPT. 17—DEC. 17  
12-12:30pm at North Brunswick HS Pool

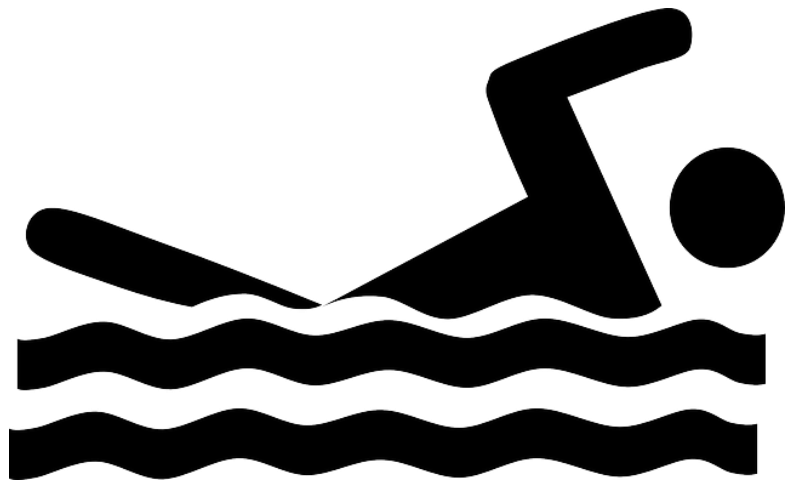
### ***Disabled Adults Swim Program***

*Free swim lessons and water safety and programs for adults 17 years and up*

YMCA instructors and volunteers will work with each individual so that they learn basic swim skills and feel comfortable in the water. The class also encourages movement, enhances coordination, and develops basic physical skills. The program serves disabled adults with an agency referral. Participant to wear suit to pool and bring towel.

#### **Highlights**

- This program is made possible through a grant from the USA Swimming Foundation obtained by the Raritan Valley YMCA,
- Lifesaving skills
- Exercise, fun, fitness
- Overcoming fears



[www.raritanvalleyymca.org](http://www.raritanvalleyymca.org)  
Call 732-257-4114 to register

**RARITAN VALLEY YMCA**

144 Tices Lane  
East Brunswick, NJ 08816