



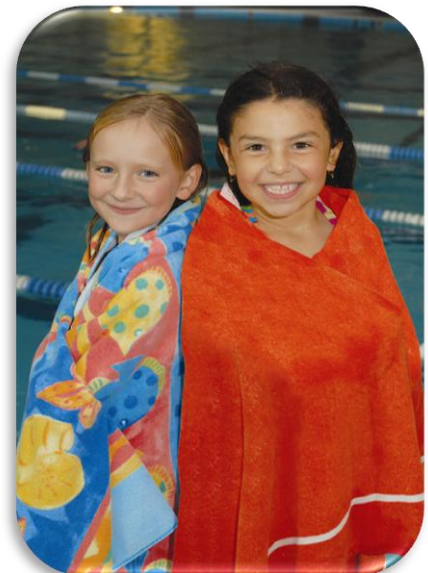
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN TO SWIM & GAIN CONFIDENCE IN THE WATER!

## Progressive Swimming Lessons

For youth ages 6 to 14 years.  
Students progress through six  
levels learning correct stroke  
technique and water safety skills.

503-581-9622 YMCA Main Line  
503-399-2792 Aquatics Line  
685 Court St NE Salem, OR 97301  
[www.youry.org](http://www.youry.org)



## **Progressive (School Age) Swimming Lessons Program Information:**

### **Progressive Swimming Lessons:**

- This program is designed for students ages 6 – 14 years of all swimming abilities. Those who have advanced beyond the six levels of the Progressive Lesson Program are encouraged to join the Swim Team! Students progress through the following six levels: Polliwog, Guppy, Minnow, Fish, Flying Fish and Shark. Classes are 45 minutes long and the teacher/student ratio is 1:8 or better.

**Please see the Swimming Lesson flyer for detailed information on class times, session dates and fees.**