



GROUP SWIMMING LESSONS



Did you know DROWNING is the #1 cause of unintentional injury related death for children under 5 and is a leading cause for children under 14? At the Y, in our Aquatic programs, it is our foundational desire to teach kids how to swim and water safety. ***We want kids to LOVE the WATER & for parents to feel confident about their kids being in the water!!***

STRONG SWIMMERS – CONFIDENT KIDS

We believe the ability to swim is a CRITICAL LIFE skill. Teaching swim lessons at the Y is something we love to do for kids and families... and something we take seriously! We use a variety of fun methods to help children overcome fear, build confidence in the water and develop skills that last a lifetime. Classes are divided by age and ability where our coaches emphasize personal safety, swimming skills, endurance and social skills guided with praise and encouragement.

The YMCA teaches more swim lessons across the nation for kids and families than any other organization!! ***Thank you for choosing and trusting the Abilene Y to teach your kids how to swim and to love the water!***