

# Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

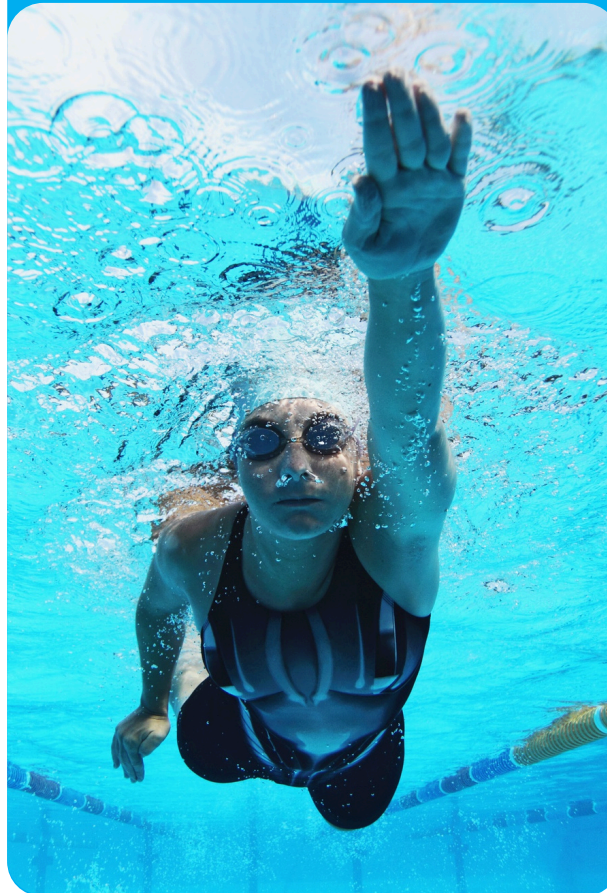
Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.



To learn more about this program contact:

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Complete Questionnaire for More Information:



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BUILDING CONFIDENCE, CHANGING LIVES

Swim Lessons for Individuals with Disabilities  
YMCA OF THE PALM BEACHES





## WE'RE HERE FOR EVERYONE

All ages—from infants to seniors—can learn to swim. Check out our program details below to find out how it can fit your family's busy schedule.

### About the Program

The Y is dedicated to elevating and promoting equity within communities around the country, guaranteeing fair treatment, access, opportunity, and advancement for all, while striving to identify and eliminate barriers that have prevented full participation of some groups. Through this swimming program, caregivers of individuals with disabilities will be given the opportunity to provide their child or adult with the means to learn fundamental water safety and swimming skills in a safe environment. Knowing how to be safe around water is one of the most important life skills we can teach. It provides confidence & it can save their lives.

### What We Teach

Using the evidence-based Y-USA Swim Lesson and Y-USA Safety Around Water curriculums, the YMCA Diverse Abilities Swim Lesson program is designed to reach children & Adults at risk of drowning and teach them basic water safety and swimming skills. Participants will be placed in a skill and ability-specific program based on their needs. Learning to stay safe around water may begin at the Y, but it doesn't end there. That's why there is a Family Education Component that reinforces the learning at home and helps children progress more quickly.

#### Skills Practiced:

Students are taught the recommended skills to be safe around water. These skills include safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as participants progress in this skill-based approach to swimming.

#### Swim Lessons Provided:

8 30 Minute 1-on-1 Lessons with Flexible Scheduling



### Our Facility

Our pool is located at 2728 Lake Worth Road in Lake Worth, FL. It is specially designed to create a therapeutic environment, and it is used primarily for rehabilitation, pain relief, and guided exercise. It is engineered to provide a safe, supportive, and comfortable setting for people of all abilities!

#### Details:

6 Lanes for Lap Swimming  
Shallow Area  
locker room  
Showers  
Handicap Lift  
Handicap Parking  
Lounge Chairs  
Umbrellas

#### Hours of Operation:

Mon-Thursday: 7am-7pm  
Friday: 7am-6:30pm  
Saturday: 7am-4pm



**FREE Swim  
Skill Assessments**