



## Little Hero Swim Lessons at the Jerry Long Family YMCA



The YMCA is proud to offer Little Hero swim lessons for children with special needs. These lessons will teach children safety, confidence, social development and swimming skills in a nurturing and safe environment. Our teachers have years of experience teaching special needs participants and have a passion for the program. We will offer both group and one-on-one swim lessons for interested participants.

### Little Hero Group Swim Lessons:

Group Lessons meet once weekly with two trained swim lesson instructors. The classes will be 45 minutes and will include parents in the water actively learning with their children. This class will be held Saturdays for 6 weeks starting May 1<sup>st</sup> at 11:00am.

Cost - \$35 members \$65 non-members

### Little Hero Private Swim Lessons:

One-on-one instruction allows for flexibility in schedule as well as increased rate of progression and focus on the individual child's needs and goals. Parent involvement in the water is optional.

3 lessons- \$80 members, \$150 non-members

6 lessons- \$140 members, \$280 non-members

9 lessons- \$210 members, \$390 non-members

Please contact Sandy Thomerson (336) 712-2000 ext 103 or check our website at [www.jerrylongymca.org](http://www.jerrylongymca.org) for more information.