



# GAIN CONFIDENCE

Free YMCA Swim Lessons

**FREE**  
for OP  
students

The YMCA, in partnership with the CDC Foundation, is offering free youth swim lessons (stages 1-4) to Orchard Park School District students ages 5-12.

Swimming at the YMCA helps individuals of all ages thrive - in and out of the water. Children build confidence learning how to set goals, learn water safety, and enjoy swimming as a form of exercise for years to come. YMCA swim lessons are held in 8-class sessions by nationally certified YMCA swim instructors.

To sign-up for free, enroll online now using the promo code below. A free YMCA program member account is required in order to sign up for any YMCA programs.

Register by scanning the QR code and using promo code  
**CDC-OPSD-3**

