



## Winona Family YMCA

# STRONG SWIMMERS CONFIDENT KIDS SUNDAY SWIM LESSONS

November 8–December 13, 2026

Students will learn water safety and achieve swimming competencies such as basic stroke development, floating, and entering/exiting water safely. Our programs follow the American Red Cross Learn-to-Swim Program.

### Parent & Child

3:15–3:45pm

### Preschool

Preschool 1: 2:40–3:10pm

Preschool 2: 2:05–2:35pm

Preschool 3: 1:30–2pm

### School Age

School Age 1: 2:40–3:10pm

School Age 2: 2:05–2:35pm

School Age 3: 1:30–2pm

School Age 4/5: 3:15–3:45pm

**Member \$60**

**Non-member \$85**

Registration is open 10/26–10/30

\$10 late fee for registrations after 10/30

Register in person or online: [www.winonaymca.org](http://www.winonaymca.org)

Not sure which level to enroll in? Please ask about a swim lesson evaluation or visit our website to help you decide: [www.winonaymca.org/programs/aquatics/group-swim-lessons](http://www.winonaymca.org/programs/aquatics/group-swim-lessons)



Thank you to our program sponsors!

