



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING SKILLS

Training Programs and Continued Aquatic Education YMCA of Bristol

Ready for your child or grandchild to be safe and confident around water? We have a full list of swim programs for infants through adults, for all levels of swimmers. Get water safety instruction, life-saving infant & toddler swimming lessons, and swim training from certified instructors.

JOSH THE OTTER

Land-based Safety Around Water education for children with a fun and simple message. For more information, visit www.bristolyymca.org.

FLOAT 4 LIFE

Float 4 Life is a one-to-one water safety program that teaches children ages 1-4 how to roll on their backs so they can breathe, float and reach the side of the pool until help arrives.

OTTER SESSIONS

For those who have completed the Float 4 Life program, are under 4 years old and want more work 1-on-1 with our certified staff to reinforce Float 4 Life skills, increase stamina and develop new skills.

YMCA SWIM LESSONS

Parent/Child, Group, Private and Semi-Private Lessons available to those 3+ years of age.



YMCA of Bristol
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