



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING SKILLS

YMCA of Bristol Float Continuum

Ready for your child or grandchild to be safe and confident around water? We have a full list of swim programs for infants and toddlers. Get water safety instruction, life-saving infant & toddler swimming lessons, and continued 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.bristolymca.net.

PREP 2 FLOAT

20 minute sessions to acclimate a parent and their child to our aquatic environment, thus preparing them for Little Floaters.

LITTLE FLOATERS

A 1-on-1 survival swim program that teaches children ages 1-5 year olds breath control, how to roll on their backs to breathe, and float until help arrives.

FLOAT 2 SWIM

For those who have had at least 1 session of Little Floaters (or equivalent), are under 5 years old, and want more work 1-on-1 with our trained staff to reinforce floating skills, increase stamina and develop new skills.

REMEMBER 2 FLOAT

20 minute 1-on-1 lessons to review and practice skills previously acquired to keep the child proficient and safe .

YMCA of Bristol

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