

Adaptive Swim Program

at YWCA of Central Massachusetts

1 Salem Square, Worcester, MA



FREE



Accessible swim sessions the *first Saturday* and *last Sunday* of each month from 2:00-4:00 p.m.

September 7, 2024 through February 23, 2025

Session 1: Ages 5-12 (2:00-2:45 p.m.)

Session 2: Ages 13+ and adults (3:00-3:45 p.m.)

- Open to individuals with disabilities of all ages & their families
- Led by aquatics instructor
- Participate in safety activities & water games
- Pool is fully accessible

Sat.	Sun.
9/7	9/29
10/5	10/27
11/2	11/24
12/7	12/29
1/4	1/26
2/1	2/23

Contact Patrick Remy
PRemy@eastersealsma.org
508.751.6417
to RSVP or learn more.

Must pre-register to participate.



Worcester • Boston • Bridgewater
508.757.2756 • eastersealsma.org

