

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 - 3:45 p.m.
September 27, 2026, through December 27, 2026

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 & lifeguard
- Participate in safety activities & water games
- Pool is fully accessible

Sat.	Sun.
10/3	9/27
11/7	10/25
12/5	11/22*
	12/27

*Moved due to
Thanksgiving

Contact Patrick Remy
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508.751.6417

to sign up or learn more.



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508.757.2756 • eastersealsma.org

