

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.

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

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

January 3, 2026, through June 28, 2026

- 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.
1/3	1/25
2/7	2/22
3/7	3/29
4/4	4/26
5/2	5/31
	6/28

Contact Patrick Remy
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to sign up or learn more.



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