



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA

## Adaptive Aquatics

### Pool Sessions

Saturdays 10:30 am - 12 pm

### Support/ Networking Group

Saturdays 12 pm - 1:30 pm

The Sonoma County Family YMCA's Adaptive Aquatics program offers participants the freedom of movement in a caring and nurturing environment. This program serves all abilities in both our therapy and lap pools. Participants must be accompanied by a parent or caretaker. A support and resource networking group follows every session. The chairlifts are available for assistance into both pools.

### Punch Ticket Fees:

Members \$38

Program Members \$50

Non-Members \$63

**Tickets are for 10 sessions**

**5 session tickets available**



For information on participating or volunteering with our Adaptive Aquatics program please contact the Aquatic Director, [Elizabeth Oku](#) at 707.545.9622 ext 3126

Sonoma County Family YMCA [www.scfymca.org](http://www.scfymca.org)

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