



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y SWIM

Social Water Interactive Movement **Water = Freedom**

This *FREE* water exercise program offered by the Ocean County YMCA for adults who find it difficult or impossible to exercise on land due to the effects of MS, Parkinson's, RA, stroke, joint replacement surgery, ALS, post polio syndrome, fibromyalgia or other causes.

Ages

Adults 18 and older

Where

Ocean County YMCA
1088 West Whitty Road
Toms River

When

Sign in begins at 12:30PM in the lobby of the Y.
Pool Swim is 1:00-2:00PM Social Hour is 2:00-3:00PM
Program runs Wednesday's from Mid-September through Mid-June.

Contact

Pat or Joe Urso, Program Coordinators, at 732 793 0246 or
Y Aquatics Office at 732 341 9622 ext 2279

VOLUNTEERS ARE NEEDED
We need *YOU* to volunteer to help us run this program so that you may experience the joy of helping others and participants may enjoy the freedom of movement that water provides.

