



**FOR IMMEDIATE RELEASE**

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**Wilkes Family YMCA Kicks Off New Swimming Programs for All Ages**

**WILKESBORO, NC – May 15, 2009** – The Wilkes Family YMCA is gearing up for summer in aquatics! This year the YMCA is offering twice as many lessons and four new swim programs that debuted this spring and will continue through the summer. The YMCA is proud to offer programs from ages 6 months to adult and will be kicking things off on June 22 with the first session.

The purpose of the YMCA Swim Lesson (YSL) Program is to help participants build a strong foundation in swimming technique and safety. Our lessons include character growth, skill development, water safety and fun. In order to facilitate each swimmer's progress the YSL program is divided into levels in order to support swimmers as they progress.

In addition to our regular swim lessons that offer skill development and safety the YMCA has added Stingrays Swim Clinic. This Clinic is for swimmers ages 5-18 years old who are more advanced and interested in improving their strength and stroke development in a non-competitive swim team atmosphere. This is in preparation for our competitive swim team coming in October.

Day Camp Swim Club (DCSC) will be exclusively offered to day campers at an unbelievable rate. These swim lessons are 3 days a week for 45 minutes while their camp is here to swim. The time is divided into skill development, safety and games.

For our littlest swimmers we offer parent/child classes: Water Babies and Perch. Water Babies is a free, members-only class for little ones ages 6 months to 2 years old. Through songs and games your little one will learn water acclimation and basic skills while mom and dad learn safety and skill progression. Perch continues the parent/child program into a more advanced level. This class is offered to 2-3 year olds. This instructor guided/parent taught class will help progress from the basic moves to a more intermediate-advanced level.

Please visit the website for more information at <http://wilkes.ymcanwnc.org> or call 336-838-3991! The Wilkes Family YMCA is located at 1801 YMCA Boulevard in Wilkesboro.

**About YMCA of Northwest North Carolina**

When the first YMCA was established in 1844 in London, England, its mission was to promote positive Christian values as well as healthy behaviors and activities. Today, the YMCA movement has spread to more than 130 countries around the world, supporting and influencing the lives of millions of men, women and children of all backgrounds. The YMCA of Northwest North Carolina association, a United Way agency, has been serving Winston-Salem and the surrounding areas since 1888. We have created a tradition of enhancing the lives of people in our community through an ever-growing list of programs and opportunities. We're proud to serve the people of Northwest North Carolina by helping to build strong kids, strong families and strong communities. Our association currently serves more than 51,000 YMCA members and more than 100,000 people with our memberships and programs. The YMCA of Northwest North Carolina has adopted Healthy Community 2015 initiatives to prepare youth and teens to succeed, strengthen and support families, develop caring communities and adopt healthy living habits. The YMCA offers financial assistance for memberships and programs through the Open Doors Program. Learn more about the YMCA of Northwest North Carolina at <http://www.ymcanwnc.org>. For more information on its many branches and services, visit <http://www.ymcanwnc.org> or contact Amy McNeil, Director of Communications, at [a.mcneil@ymcanwnc.org](mailto:a.mcneil@ymcanwnc.org) or 336-777-6252.

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Mission: Helping people reach their God-given potential in spirit, mind and body.

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