



Register now for FREE Adult Swim Lessons

Wednesdays, April 1, 8, 15, 22 & 29

Two options: 5:30-6:15pm OR 6:30-7:15 pm

Berkshire Family YMCA, Pittsfield Branch

292 North Street, Pittsfield, MA 01201

Never learned how to swim? Afraid of the water?

Need to improve your strokes or breathing technique?

The Berkshire Family YMCA's Polar Bear Masters Swim Team

Is providing adult swim lessons – FOR FREE!

Space is limited. **STOP IN TO REGISTER.**

For more info: Call the Y's Pittsfield branch at (413)499-7650



"Adults aspire to swim more than any other activity.... yet 37% cannot swim the length of a pool."