

Y Penguins

The Kingston Y Penguins Aquatic Club is a swim team for children with physical disabilities and their able-bodied siblings. The heart of this program is in keeping a positive attitude while focusing on ability. The team offers a fun and exciting environment where young people develop both physically and emotionally, while making new friends. It teaches participants how to set goals, and develop self-discipline, while building self-confidence. No one "sits on the bench". Participants can choose to focus on individual self improvement or athletic excellence. All participants are required to be members of the Kingston Family YMCA. Please contact Vicki Keith, at the Kingston Family YMCA, prior to registering. New participants must be able to swim one length of the pool.

Fee: \$300.00

Ages: 6+ years (must be a YMCA member)

Mondays & Wednesdays 3:30 pm - 5:30 pm

Tuesdays & Thursdays 3:30 pm - 5:00 pm

Fridays 3:30 pm - 6:00 pm