FREE SWIM LESSONS
For Adults

Learning how to swim is a lifelong and lifesaving skill.

According to reasearch, more than half of all americans cannot swim or do not have all of the basic water safety skills needed to swim safely.

Hamilton Area YMCA is exited to offer Free Adult Swim lessons through funding provided by YMCA of the USA. Take the first step toward confidence and freedom in the water—at your own pace. This program offers free swim lessons for adults who feel afraid or uncomfortable in the water. Whether your fear is mild or overwhelming, you're not alone—and you don't have to face it alone either.

Our patient, supportive instructors specialize in working with beginners and those overcoming anxiety, creating a calm, judgment-free environment where you can build trust, learn essential skills, and gain confidence. Lessons start with the basics—simply feeling safe near and in the water—and progress gently based on your comfort level. There's no pressure, no expectations, and absolutely no prior experience needed.

Session Programs:

Summer Session: June 22 – August 23

Registration Dates:

Facility Members: June 3
Community Members: June 9

Please scan the QR code to complete the following requested information. This will better assist us in scheduling and communicating next steps. All information must be completed and uploaded to be eligible

Scan Here

Location:
JKR Branch • 1315 Whitehorse-Mercerville Road, Hamilton, NJ 08619

REV: 5.11.26