



# NO MORE UNDER

## A Guide for Affordable Swim Lessons

Swimming is a vital life saving skill that can reduce childhood drowning by up to 88%.

There are many wonderful resources across the United States to help make swim lessons equitable and accessible. Here are some options for getting the young people in your life the skill of swimming.

### YMCA

Across the country, YMCA locations offer financial assistance to support families utilizing their facilities and enrolling in swimming lessons.

- Go to: [www.ymca.org/find-your-y](http://www.ymca.org/find-your-y)
- Scroll down to "Show Y's Near Me" and put in your zip code
- Select a location and head to the location specific website
- In the search bar type "Financial Assistance" or click "Memberships," then click "Financial Assistance"
- Follow the directions to submit the paperwork

We encourage you to call the YMCA location or visit in-person. Completing the paperwork can be more simple with direct support!



### City Pools

Many cities offer scholarships or very reduced cost swim lessons at their city locations. Additionally, many cities provide discounted bus and facility passes as well as after-school programs. Type your city, zip code, and "youth passes" into your web browser to find out more!

- Go to: [Your City] Parks and Recreation page
- Search: "Aquatics" or "Swim Lessons"

### Join a Swim Team

If you or your young person is already a good swimmer, there are scholarships and resources available to help families cover the cost of swim team fees and associated costs. USA Swimming is the main entity for competitive swimming in the USA. Head to:

[www.usaswimming.org/find-a-team](http://www.usaswimming.org/find-a-team)

- You can also ask your local YMCA and city pools about their swim team scholarship opportunities.

### Other Resources

Many private swim schools offer financial assistance. Although there may not be a financial aid document listed on the swim school's website, we encourage you to connect with these schools directly to discuss options. Head to [www.nomoreunder.org/resources](http://www.nomoreunder.org/resources) to search for swim schools in your area.

### About No More Under

No More Under's mission is to raise awareness and provide parents with knowledge, skills, and tools to increase accessibility to swimming. Learn more on our website!