



# ARE YOU **READY** TO LEVEL UP?

Take your swimming adventure to the next level! Come join our friends in the YMCA of Central Ohio's Aquatic Explorers Program!

**HAVE MORE QUESTIONS?**

EMAIL US AT: [aquaticexplorers@ymcacolumbus.org](mailto:aquaticexplorers@ymcacolumbus.org)

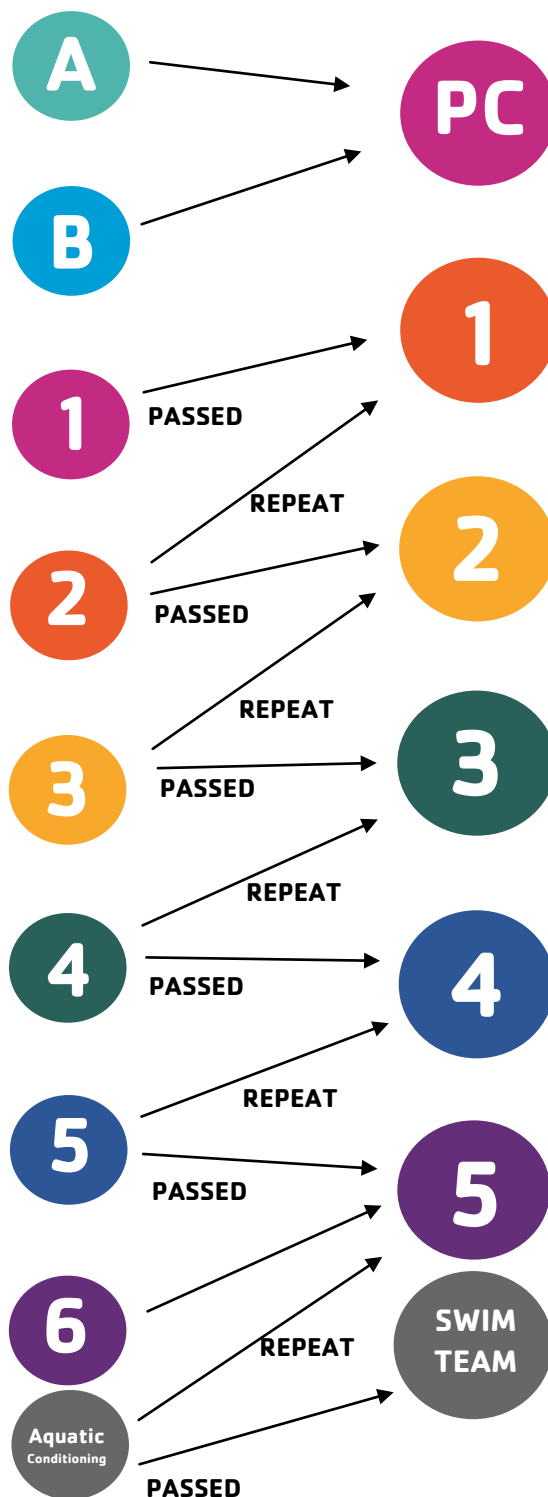
# LEVEL-UP! CONVERSIONS

## STAGES

A/B to  
Aquatic Conditioning

## LEVELS

Parent/Child to  
Swim Team



\*Please refer to your swimmer's Progress Report for more information