

Swimming

Register online now!

T/TH:	MEM: \$59	PRO: \$84	
SAT 1&3:	MEM: \$45	PRO: \$70	
SAT 2:	MEM: \$38	PRO: \$63	



The YMCA has been teaching people of all ages to swim for over 100 years!

PRESCHOOL CLASSES ages 3-5

Pike-Beginner: Pool safety, adjustment and independent movement. Learn basic paddle stroke, kicking skills and how to put face water.

T/TH: 11:00 am, 5:00 pm • SAT: 10:00 am

Eel Advanced-Beginner: Kids comfortable in water and independently submerses face in water. Learn to kick, float and use arm strokes.

T/TH: 11:30 am, 5:00 pm • SAT: 10:00 am

Ray I-Intermediate: Swims independently 10 ft. to the instructor and back to the wall. Learn strokes & breathing.

T/TH: 6:15 pm • SAT: 10:00 am

BABY SWIM

Shrimp/Kipper ages 6 months - 2yrs: This is a parent/child class to get the children comfortable in the water.

T/TH: 11:00 am • SAT: 12:30 pm

Baby Pike ages 2-4: Parent will be in the water with their child while learning Pike level skills.

T/TH: 11:30 am • SAT: 12:00 pm

Aquatics Refund Policy: You will receive a full refund or credit if the class has insufficient enrollment and must be cancelled -or- if you give us at least 72 hours notice of cancellation before the first class. If less than 72 hours notice is given, no refund will be issued. Credits are valid for 6 months from date of issue and are not transferable to refunds at a later date.

Parents must stay in the building while children are in programs.

SESSIONS & REGISTRATION

Weekdays • Tuesdays/Thursdays

Session 1: January 10 - February 2
Register: MEM = November 17 • PRO = November 22

Session 2: February 7 - March 1
Register: MEM = January 26 • PRO = January 31

Session 3: March 6 - March 29
Register: MEM = February 23 • PRO = February 28

Session 4: April 10 - May 3
Register: MEM = March 22 • PRO = March 27

Saturdays

Session 1: January 14 - February 18
Register: MEM = November 17 • PRO November 22

Session 2: February 25 - March 24
Register: MEM = February 9 • PRO = February 14

Session 3: April 14 - May 19
Register: MEM = March 22 • PRO = March 27

PRIVATE SWIM LESSONS

Private or Semi-private Lessons

members only, ages 3+: One-on-one instruction, for a wide range of swimming abilities. Six 30-minute lessons between you and an experienced instructors. Fill out a private swim lesson request and an instructor will contact you within two weeks. Payment required at registration.

\$120/each; \$100 each (2 people);

\$80 each (3 people)

Must be used within 6 months of purchase.

Swimming

Register online now!

T/TH:	MEM: \$70	PRO: \$95	
SAT 1&3:	MEM: \$53	PRO: \$78	
SAT 2:	MEM: \$45	PRO: \$70	



YOUTH CLASSES ages 6-12

Polliwog-Beginner: Adjust and get comfortable with the water. Learn kicking, floating, pool safety and more.

T/TH: 5:30 pm • SAT: 11:00 am

Guppy I-Advanced Beginner: Front & back crawl will be introduced. Goggles recommended.

T/TH: 5:30 pm • SAT: 10:30 am

Minnow-Advanced: Introduce breaststroke, open turns and breathing techniques. Goggles & fins recommended.

T/TH: 6:15 pm • SAT: 10:30 am

ADULT CLASSES ages 13+

Adult-Beginner: Learn to swim or improve technique.

T/TH: 6:45 pm • SAT: 11:15 am

ON-GOING WATER FITNESS

Joint Friendly Fitness, ages 12+: Water exercise emphasizing mobility and flexibility.

M/W/F, 11:00 am • MEM: free PRO: \$49/twelve classes

Senior Water Fit, ages 62+:

TU/TH, 9:30 am • MEM: free PRO: \$49/twelve classes

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SWIM TEAM

Swim Team Prep ages 6+: Get your goggles and swim cap! Work on all four strokes and drills. Tune up your skills for get ready for swim team.

T/TH, 6:15 pm

April 10 - May 3

MEM: \$70 PRO: \$95

