

# Swimming: Preschool Group Lessons

|                |                  |            |
|----------------|------------------|------------|
| Weekday Mini:  | <b>MEM:</b> \$44 | PRO: \$88  |
| Weekdays:      | <b>MEM:</b> \$58 | PRO: \$116 |
| Saturday:      | <b>MEM:</b> \$44 | PRO: \$88  |
| Saturday Mini: | <b>MEM:</b> \$36 | PRO: \$72  |

## 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.

Tuesdays/Thursdays, 5:00 pm

Saturdays, 10:00 am

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

Tuesdays/Thursdays, 5:00 pm

Saturdays, 10:00 am, 10:30 am

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

Tuesdays/Thursdays, 6:15 pm

Saturdays, 10:00 am

## Baby Swim

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

Tuesdays/Thursdays, 11:00 am

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

Saturdays, 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.**



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

## Sessions & Registration

### Weekdays

**Fall 1:** August 24 - September 16

Register: MEM = August 5 • PRO August = 10

**Fall 2:** September 28 - October 21

Register: MEM = September 16 • PRO = September 21

**Fall 3:** October 26 - November 18

Register: MEM = October 14 • PRO = October 19

**Fall 4 Mini:** Nov 30 - Dec 16

Register: MEM = November 18 • PRO = November 23

No classes week of Thanksgiving

### Saturdays

**Fall Sat. 1 Mini:** Aug 21 - Sept 18

Register: MEM = August 5 • PRO = August 10

No classes Labor Day weekend

**Fall Sat. 2:** October 2 - November 6

Register: MEM = September 16 • PRO = September 21

**Fall Sat. 3:** November 13 - December 18

Register: MEM = October 28 • PRO = November 2

No classes November 27

## Private Swim Lessons

### Private or Semi-private Lessons

**members only, ages 3+:** One-on-one instruction, for a wide range of swimming abilities. Five 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.

\$100/each; \$80 each (2 people);

\$60 each (3 people)

Must be used within 6 months of purchase.

# Swimming: Youth & Adult Group Lessons

|                |                  |                   |
|----------------|------------------|-------------------|
| Weekday Mini:  | <b>MEM:</b> \$53 | <b>PRO:</b> \$106 |
| Weekdays:      | <b>MEM:</b> \$70 | <b>PRO:</b> \$140 |
| Saturday:      | <b>MEM:</b> \$53 | <b>PRO:</b> \$106 |
| Saturday Mini: | <b>MEM:</b> \$44 | <b>PRO:</b> \$88  |

## Youth Classes: *ages 6-12*

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

Tuesdays/Thursdays, 5:30 pm • Saturday, 11:00 am

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

Tuesdays/Thursdays, 5:30 pm, 6:45 pm

Saturdays, 10:30 am

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

Tuesdays/Thursdays, 7:00 pm • Saturdays, 10:30 am

## Adult Classes: *ages 13+*

**Adult-Beginner:** Learn to swim or improve technique.

Tuesdays/Thursdays, 6:15 pm • Saturdays, 11:15 pm

## On-going Water Fitness

**Aquatic Personal Training *members only, ages 13+:***

Stretch and condition your body and meet your individual goals. Great for post-rehabilitation. By appointment. Must be used within 6-months of purchase.

Teens: \$40/45-minute session • \$115/(4) 45-minute sessions

Adults: \$50/hour, \$138/3 hrs • \$390 for 10 hrs, \$555/15 hrs

**Twinges & Hinges, *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/F, 9:30 am • MEM: free PRO: \$49/twelve classes

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



## Sessions & Registration

### Weekdays

**Fall 1:** August 24 - September 16

Register: MEM = August 5 • PRO August = 10

**Fall 2:** September 28 - October 21

Register: MEM = September 16 • PRO = September 21

**Fall 3:** October 26 - November 18

Register: MEM = October 14 • PRO = October 19

**Fall 4 Mini:** Nov 30 - Dec 16

Register: MEM = November 18 • PRO = November 23

No classes week of Thanksgiving

### Saturdays

**Fall Sat. 1 Mini:** Aug 21 - Sept 18

Register: MEM = August 5 • PRO = August 10

No classes Labor Day weekend

**Fall Sat. 2:** October 2 - November 6

Register: MEM = September 16 • PRO = September 21

**Fall Sat. 3:** November 13 - December 18

Register: MEM = October 28 • PRO = November 2

No classes November 27