

### Private & Semi-Private Swim Lessons

Once you have completed your request form, an instructor will contact you to set-up the most convenient time and day for your lessons. Lessons are available for ages 3 yrs. and older.

#### Private Swim Lessons Winter 1 & 2

Fee: (1) session	\$27 Members \$54 Program Members
(4) sessions	\$88 Members \$156 Program Members
(6) sessions	\$122 Members \$210 Program Members
(8) sessions	\$146 Members \$230 Program Members

• **Private Swim lessons** are 30-minute INDIVIDUAL sessions.

#### Semi-Private Swim Lessons Winter 1 & 2

Fee: (1) session	\$16 Members \$32 Program Members
(4) sessions	\$62 Members \$124 Program Members
(6) sessions	\$92 Members \$168 Program Members
(8) sessions	\$122 Members \$190 Program Members

• **Semi-private lessons** are 30-minute sessions. You must sign up 2 individuals of the same skill level.

### NEW! Synchronized Swimming Beginner Lessons

**Ages: 8-12 Tuesdays 3:45 pm – 4:30 pm**

Have FUN learning synchronized swimming skills such as sculling, somersaults, dolphins, oysters, kips, ballet legs, sidestroke, and breaststroke. Participants must be able to swim at least one length (75 ft) of front and back crawl, or are a Minnow Level or above and must be comfortable in deep water.

**Please bring nose clips and goggles to class.**

**Fee: Winter 1&2** \$49 Members  
\$84 Program Members

### NEW! AquaSprites Synchronized Swim Team

**Ages: 8-18 Must have coach's approval**

The AquaSprites Team is a nationally recognized team competing in area, regional, and national meets. Swimmers must show a desire to work hard. This includes attending practices, being ready on time, and focusing on team and personal goals.

**Please contact Head Coach Karen Ramberg at ext.125 prior to signing up to discuss expectations and expenses beyond the YMCA fee.**

**Fee: Winter 1 & 2**

Novice	Intermediate	Age Group
<b>2 practices per week</b>	<b>2 practices per week</b>	<b>3 practices per week</b>
Mon 7:30 pm-8:30 pm	Mon 7:30 pm-9:00 pm	Mon 7:30 pm-9:00 pm
Fri 4:00 pm-5:00 pm	Fri 4:00 pm-5:30 pm	Fri 4:00 pm-5:30 pm
		Sun 3:00 pm-5:00 pm
\$35 Members Only	\$53 Members Only	\$105 Members Only

### DISCOVER SCUBA

Come to the YMCA to try Scuba Diving for FREE! Our neighborhood dive shop, Sea Lions Dive Center of Hanover Park, provides demonstrations and PADI Certification instruction. Demonstrations will be held on Fridays throughout the year from 8:00 pm - 9:30 pm. PRE-REGISTRATION IS REQUIRED in advance at the Welcome Center. Watch for days and details!

**Fee:** FREE Members  
\$10 Program Members

*A \$5 "no show" fee will be charged for not cancelling within 48 hours of the demonstration.*

### Adult Swim Lessons

**Ages: 16 and up**

These classes are for beginner and intermediate swimmers who have not been active in swimming for some time or for those who have never learned how to swim. Classes focus on skills and goals agreed upon by students and the instructor.

### PERSONAL AQUATIC TRAINING

**Ages 16 thru Adult**

Have a personal aquatic fitness program designed *just for you!* This customized *one-on-one* training will be conducted by one of our Aquatic Fitness Staff. The focus will be based on your individual needs:

- Strength and/or Endurance Training
- Weight Loss Management
- Sports Injuries
- Therapeutic Recovery
- Arthritic Conditioning
- Special Needs Individuals, including those with social challenges

Fill out a Personal Aquatic Training Request Form, and an instructor will contact you to set up a convenient time and day for your training sessions.

**Personal Aquatic Training – Winter 1 & 2**

Fee: (1) session	\$27 Members	\$54 Program Members
(4) sessions	\$88 Members	\$156 Program Members
(6) sessions	\$122 Members	\$210 Program Members
(8) sessions	\$146 Members	\$230 Program Members