

## Swim Lessons

There is a reason why the YMCA is referred to as “America’s favorite swim instructor.” For over a century, the YMCA has taught “kids” of all ages to swim. In YMCA classes, you not only learn how to swim but you also build self-confidence, learn safety and rescue skills, have fun, and make new friends. Whether it’s for your child, yourself, or your whole family, a variety of class times, skill levels, and activities are available. When class enrollment is low, the YMCA may combine classes, change to a “premium level” class, or cancel the class (in which case a refund or credit will be offered.)

# WINTER 1 & 2

**SWIM LESSONS AT A GLANCE. SEE FOLLOWING PAGES FOR CLASS DESCRIPTIONS.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jr. Adaptive Water Rec.							9:15 am-10:00 am
Parent/Child			10:45 am-11:15 am	4:30 pm-5:00 pm		9:30 am-10:00 am	
Pike w/Parent				4:30 pm-5:00 pm		9:30 am-10:00 am	
Pike Premium	5:20 pm-5:50 pm		5:20 pm-5:50 pm			9:30 am-10:00 am	9:30 am-10:00 am
Pike		5:55 pm-6:25 pm	10:00 am-10:30 am 5:20 pm-5:50 pm	5:55 pm-6:25 pm		10:55 am-11:25 am	10:55 am-11:25 am
Eel			10:00 am-10:30 am 5:20 pm-5:50 pm	5:55 pm-6:25 pm		10:55 am-11:25 am	10:55 am-11:25 am
Ray	5:20 pm-5:50 pm	5:55 pm-6:25 pm	10:40 am-11:10 am			10:55 am-11:25 am	10:55 am-11:25 am
Starfish	5:20 pm-5:50 pm	5:55 pm-6:25 pm	10:40 am-11:10 am			10:55 am-11:25 am	10:55 am-11:25 am
Polliwog Premium				5:05 pm-5:50 pm		10:05 am-10:50 am	10:05 am-10:50 am
Polliwog	4:30 pm-5:15 pm	5:05 pm-5:50 pm		6:30 pm-7:15 pm		10:05 am-10:50 am	10:05 am-10:50 am
Guppy		5:05 pm-5:50 pm	6:45 pm-7:30 pm	6:30 pm-7:15 pm		10:05 am-10:50 am	10:05 am-10:50 am
Minnow	5:55 pm-6:40 pm		5:55 pm-6:40 pm			11:30 am-12:15 pm	11:30 am-12:15 pm
Fish	5:55 pm-6:40 pm		5:55 pm-6:40 pm	5:05 pm-5:50 pm		11:30 am-12:15 pm	11:30 am-12:15 pm
Flying Fish	6:45 pm-7:30 pm		6:45 pm-7:30 pm			11:30 am-12:15 pm	11:30 am-12:15 pm
Shark	6:45 pm-7:30 pm	6:30 pm-7:15 pm				11:30 am-12:15 pm	
Teen		7:20 pm-8:05 pm		7:20 pm-8:05 pm			
Teen Combo	4:15 pm-5:15 pm			7:30 pm-8:30 pm			
Adult			7:35 pm-8:20 pm				12:15 pm-1:00 pm
Stroke Clinic		6:30 pm-7:15 pm		7:20 pm-8:05 pm			11:30 am-12:15 pm
Swim Club			4:30 pm-6:00 pm			12:30 pm-2:00 pm	
Jr Lifeguard						12:30 pm-1:30 pm	

**Parents are encouraged to watch their children grow and learn from our viewing area, not the pool deck.**

**Winter 1 - January 4th-February 21st (7 weeks)**

**Winter 2 - February 22nd-April 18th (7 weeks)**

(No classes March 22nd-26th, and Easter, April 4th)

**Fee: Winter 1 & 2**

**\$40 Members      \$80 Program Members**

### Swim Tests Required

To ensure your child is enrolled in the proper swim level, tests are administered throughout the day. Please see the lifeguard on duty for a swim test. Registration for swim lessons will not be taken at the Welcome Center unless a completed swim test evaluation form is presented.