

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

We have changed the format of our swim lessons. Each day of the week is its own session which last for one month. Instead of having 8 lessons we are offering 4 lessons per session. We hope that this will help lower the cost of swim lessons so that more people can learn how to swim!

Sessions	Monday	Tuesday	Wednesday	Thursday
1	2/8-3/1	2/9-3/2	2/10-3/3	2/11-3/4
2	3/8-3/29	3/9-3/30	3/10-3/31	3/11-4/1
3	4/12-5/3	4/13-5/4	4/14-5/5	4/15-5/6
4	5/10-5/31	5/11-6/1	5/12-6/2	5/13-6/3
5	6/7-6/28	6/8-6/29	6/9-6/30	6/10-7/1
6	7/5-7/26	7/6-7/27	7/7-7/28	7/8-7/29
7	8/2-8/23	8/3-8/24	8/4-8/25	8/5-8/26
8	9/13-10/4	8/31-9/21	9/1-9/22	9/2-9/23
9	10/11-11/1	9/28-10/19	9/29-10/20	9/30-10/21

Cost for Youth Swim Lessons (per session): YMCA Members \$20 Potential Members \$40

Times	Monday	Tuesday	Wednesday	Thursday
5-5:30	Parent/Child		Parent/Child	
5:30-6:15	Pike & Eel	Polliwog & Guppy	Pike & Eel	Polliwog & Guppy
6:15-7:00	Ray & Starfish	M, F, FF, S	Ray & Starfish	M, F, FF, S
7:00-7:45	Adult			Adult

Note: There must be more than 1 person signed up to have a class. You will be notified 24 hours prior to the start of class. SOME SWIM LESSONS MIGHT BE COMBINED WITH ANOTHER LEVEL ABOVE OR BELOW THE ORIGINAL CLASS. THIS WILL ONLY OCCUR IF THERE ARE NOT ENOUGH KIDS IN THE CLASS. You may register online by going on www.rowanymca.org

PARENT/CHILD

6 months-3 years, **Children must wear swim diapers or plastic training pants under their swimsuit.** No diapers, please.

Child must be accompanied by a parent.

3 TO 5 YEAR OLDS

PIKE

3-5 years, beginner skills, no previous experience

EEL

3-5 years, child can swim around the pool comfortably with a float belt.

RAY

3-5 years, child can swim around pool comfortably without a float belt.

STARFISH

3-5 years, child can swim length of pool comfortably without a float belt, and will learn creative skills.

6 TO 15 YEAR OLDS

POLLIWOG

6-15 years, no previous swimming experience.

GUPPY

6-15 years, can swim any style one length of the pool.

MINNOW

6-15 years, can swim one length of the pool using the front crawl.

FISH/FLYING FISH

6-15 years, can swim front crawl, elementary backstroke and breaststroke for two lengths of pool, and dolphin kick one length.

SHARK

6-15 years, can swim butterfly, breaststroke, individual medley, and underwater swimming.

PRIVATE SWIM LESSONS

Private swim lessons for ages 3 and up. Register at the front desk. **\$15 per 30 min. class**