



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS - 2012

GREAT BRIDGE/HICKORY FAMILY YMCA

**WEEKDAYS** - classes meet 2 times a week for 4 weeks on either Monday/Wednesday or Tuesday/Thursday

TIME	CLASS	DATES
8:30 AM	Teen/Adult (Tues/Thurs ONLY)	JANUARY 9 - FEBRUARY 2 FEBRUARY 6 - MARCH 1 MARCH 5 - MARCH 29 APRIL 2 - APRIL 26 APRIL 30 - MAY 24 SEPTEMBER 10 - OCTOBER 4 OCTOBER 8 - NOVEMBER 1 NOVEMBER 5 - NOVEMBER 29
10:00 AM	Parent/Child	
10:30 AM	Preschool	
11:00 AM	Preschool	
4:30 PM	Preschool, School Age	
5:00 PM	Preschool, School Age	
5:30 PM	Teen/Adult (Mon/Wed ONLY)	
6:00 PM	Preschool, School Age	

**WEEKDAYS** - classes meet 4 times a week for 2 weeks, Monday through Thursday

DATES	TIME	CLASS
JUNE 4 - JUNE 14	9:00 AM	Preschool, School Age
	9:30 AM	Preschool, School Age
JUNE 18 - JUNE 28	10:15 AM	Parent/Child, Preschool, School Age
JULY 2 - JULY 12	10:45 AM	Preschool, School Age
JULY 16 - JULY 26	4:30 PM	Preschool, School Age
JULY 30 - AUGUST 9	5:00 PM	Preschool, School Age
AUGUST 13 - AUGUST 23	5:30 PM	Teen/Adult
	6:00 PM	Preschool, School Age
	6:30 PM	Preschool, School Age

**SATURDAYS** - classes meet on Saturdays only for 8 weeks

TIME	CLASS	DATES
9:00 AM	Parent/Child, Preschool, School Age	JANUARY 7 - FEBRUARY 25 MARCH 3 - APRIL 21 APRIL 28 - JUNE 16 JUNE 30 - AUGUST 11 SEPTEMBER 8 - OCTOBER 27 NOVEMBER 3 - DECEMBER 22
9:30 AM	Parent/Child, Preschool, School Age	
10:00 AM	Preschool, School Age	
10:30 AM	Preschool, School Age	

## CLASS DESCRIPTIONS

Parent/Child Class - 6 to 36 months  
Preschool Class - 3 to 5 years  
School Age Class - 6 to 12 years  
Teen/Adult - 13 years & up

### Parent/Child Class

Designed for children 6 to 36 months old who will participate with a parent. Focus is on water orientation and adjustment.

### Preschool Class

Children ages 3 - 5 years beginner to advanced. Emphasis will be on teaching fundamentals of swimming, personal safety, character development, rescue skills and water sports.

### School Age Class

Children ages 6 - 12 years beginner to advanced. Participants learn skills pertaining to personal growth, stroke development, personal safety, rescue, water sports and games. Each child will have his/her skills evaluated the first day of class to ensure proper placement in the progressive program of the YMCA.

### Teen/Adult Class

Swim lessons for teens and adults of all abilities from beginner to advanced to reach swimming goals of the individual.

### Terrific Turtles

Adapted small group swim lessons for ages 3 - 14 years. This is the ideal class for any child with an active I.E.P. Classes are held in the Therapy Pool, which is the perfect environment to help a child relax, learn water skills, build physical stamina, tone muscles and build a healthy self-esteem. *Diagnosis needs to be stated on registration form to ensure appropriate level of placement.* Information and class times can be found on a separate flier or online at [www.ymcashr.org](http://www.ymcashr.org).

## PRICING

\$30 - Members

\$65 - Potential Members

## Register at the Member Services Desk.

Members - SAVE TIME and register online at [ww.ymcashr.org](http://ww.ymcashr.org).

Potential Members may register no earlier than 30 days prior to Session Start Date.

Children under 3 years of age may not attend a swim lesson without a parent present in the water.

**PLEASE NOTE:** If you miss a class because of other commitments and/or sickness, the class will not be made up. We only make up classes (if time permits) that we as the Aquatic Department cancel.