



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# SWIM LESSONS

Participants will learn skills pertaining to personal growth, stroke development, personal safety, rescue, water sports and games in a fun and exciting environment.

**Session Dates:**

**FEES: \$40/MEMBERS    \$80/POTENTIAL MEMBERS**

**MON/WED:**            June 6 – June 29

**TUES/ THURS:**      June 7 – June 30

**SATURDAY:**        July 9 – August 27

**MON-THURS:**      Jun. 20 – June 30

**Parent/ Child (6 months to 36 months)**

Monday/ Wednesday	Tuesday/ Thursday	Monday- Thursday	Saturday
9:30 - 10:00 am	9:30 - 10:00 am	10:05 - 10:35 am	10:10 - 10:40 am

**Preschool (3 years to 5 years)**

Monday/ Wednesday	Tuesday/ Thursday	Monday- Thursday	Saturday
10:00 - 10:30 am	10:00 - 10:30 am	9:30 – 10:00 am	9:00 - 9:30 am
5:00 - 5:30 pm	4:30 - 5:00 pm	10:40 – 11:10 am	9:35 - 10:05 am
5:35 - 6:05 pm	5:05 - 5:35 pm		10:45 - 11:15 am
6:10 - 6:40 pm	5:40 - 6:10 pm		
	6:15 - 6:45 pm		

**School Age (6 years to 12 years)**

Monday/ Wednesday	Tuesday/ Thursday	Monday- Thursday	Saturday
5:00 - 5:30 pm	4:30 - 5:00 pm	10:40 – 11:10 am	9:35 - 10:05 am
6:10 - 6:40 pm	5:05 - 5:35 pm	11:15 – 11:45 am	10:45 - 11:15 am
6:45 - 7:15 pm	6:15 - 6:45 pm		11:20 - 11:50 am
	6:50 - 7:20 pm		

**Teen/ Adult (13 years and older)**

Tuesday/ Thursday	Monday- Thursday	Saturday
11:30 am – 12:00 pm 7:25 - 7:55 pm	11:50 – 12:20 pm	11:55 am - 12:25 pm

**Private Lessons are available for members.**

\$65 per person for 3 lessons            \$120 per person for 6 Lessons            \$160 per person for 8 Lessons

For questions about lessons, contact Brendan O’Donnell, Senior Aquatic Director,  
at 757-456-9622 or by e-mail at [bodonnell@ymcashr.org](mailto:bodonnell@ymcashr.org).