

# Blocker Norfolk Family YMCA Group

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## 2010 Schedule

### Classes Days and Times

**Monday and Wednesdays**  
**Parent Child (Ages 6—36mons)**  
 6:00—6:30pm

**Preschool (Ages 3—5 years)**  
 9:35—10:05am  
 10:10—10:40am  
 4:30—5:00pm  
 5:05—5:35pm  
 5:40—6:10pm  
 6:30—7:00pm

**School Age (Ages 6—12 years)**  
 4:30—5:00pm  
 5:05—5:35pm  
 5:40—6:10pm  
 7:05—7:35pm

**Adult /Teen (Ages 13—Adult)**  
 9:00—9:30am  
 7:40—8:10pm

#### **Dates**

January 11—February 3  
 February 8—March 3  
 March 8—March 31  
 April 12—May 5  
 May 10—June 8  
 June 21—July 19  
 July 26—August 18  
 September 13—October 6  
 October 11—November 3  
 November 8—December 6

**Tuesday and Thursday**  
**Parent Child (Ages 6—36mons)**  
 9:00—9:30am

**Preschool (Ages 3—5 years)**  
 9:35—10:05am  
 10:10—10:40am  
 4:30—5:00pm  
 5:05—5:35pm

**School Age (Ages 6—12 years)**  
 4:30—5:00pm  
 5:05—5:35pm

**Adult /Teen (Ages 13—Adult)**  
 5:40—6:10pm

#### **Dates**

January 12—February 4  
 February 9—March 4  
 March 9—April 1  
 April 13—May 6  
 May 11—June 9  
 June 22—July 20  
 July 27—August 19  
 September 14—October 7  
 October 12—November 4  
 November 9—December 7

**Saturdays**  
**Parent Child**  
**(Ages 6—36mons)**  
 9:00—9:30am  
 11:20—11:50am

**Preschool**  
**(Ages 3—5 years)**  
 9:00—9:30am  
 10:10—10:40am  
 11:20—11:50am

**School Age**  
**(Ages 6—12 years)**  
 9:35—10:05am  
 10:45—11:15am

**Adult /Teen**  
**(Ages 13—Adult)**  
 8:30—9:00am  
 12:00—12:30pm

#### **Dates**

January 9—February 27  
 March 6—May 8  
 May 15—July 17  
 June 26—August 21  
 September 11—October 30  
 October 16—December 11

All sessions are eight, 30 minute each classes

Cost of each session is \$38.00 for members and \$85.00 for non-members

Questions please contact Dave Wray, Aquatic Director, 757-962-5524 or [dwrap@ymcashr.org](mailto:dwrap@ymcashr.org)

#### New for 2010

**Swim Team Club for swimmers ages 6—14, Monday—Thursdays 4:30—5:30pm**

**Adult Stroke Clinic for ages 16—adult Tuesdays 7:30—8:30pm**

Questions please contact Dave Wray, Aquatic Director, 757-962-5524 or [dwrap@ymcashr.org](mailto:dwrap@ymcashr.org)