



Swim Lessons for Session 191: January 5, 2019 – February 24, 2019

Parent and Child (6mos-3yrs) Ratio 1:10

Water Discovery A (6-18Months)

Saturday 9:30-10:00am
Sunday 9:30-10:00am

Water Exploration B (6-18Months)

Saturday 11:30 -12:00pm
Sunday 11:30 -12:00pm

Water Discovery A (18-36Months)

Saturday 10:50 -11:20am
Sunday 10:50 - 11:20am

Water Exploration B (18-36Months)

Saturday 10:00-10:30am
Saturday 10:00-10:30am

Preschool 3-5yrs Ratio 1:6

Water Acclimation stage 1 (With Parent)

Wednesday 5:00-5:30pm
Saturday 9:00-9:30am
Sunday 9:00-9:30am

Water Acclimation stage 1

Monday 5:00-5:30pm
Tuesday 5:00 -5:30pm
Thursday 5:00- 5:30pm
Saturday 9:30-10:00am
Saturday 10:10 -10:40am
Saturday 11:30 -12:00pm
Sunday 9:30-10:00am
Sunday 10:10 -10:40am
Sunday 11:30 -12:00pm

Water Movement stage 2

Monday 5:40-6:10pm
Tuesday 5:00-5:30pm
Thursday 5:00- 5:30pm
Saturday 9:00 -9:30am
Saturday 10:10 -10:40am
Saturday 11:30 -12:00pm
Sunday 9:00 -9:30am
Sunday 10:10 -10:40am
Sunday 11:30 -12:00pm

Water Stamina Stage 3

Monday 5:00-5:30pm
Wednesday 5:30-6:00pm
Saturday 10:50-11:20am
Saturday 11:30 -12:00pm
Sunday 10:50 -11:20am
Sunday 11:30 -12:00pm

Stroke Introduction Stage4

Monday 5:40-6:10pm
Saturday 10:50 – 11:20am
Sunday 10:50 – 11:20am

Stroke Development

Stage 5 (3-5yrs)
Sunday 10:10 -10:40am
Saturday 10:50-11:20am

Stroke Mechanics Stage 6 (3-5yrs)

Saturday 10:10 -10:40am
Sunday 10:50-11:20am

Youth 6-12yrs Ratio 1:8

Water Acclimation stage 1

Monday 5:10 – 6:00pm
Monday 6:05 – 6:55pm
Tuesday 5:05 – 5:55pm
Tuesday 6:10-7:00pm
Wednesday 5:00-5:50pm
Wednesday 6:00-6:50pm
Thursday 6:05-6:55pm
Friday 6:00- 6:50pm
Saturday 12:10-1:00pm
Saturday 2:05–2:55pm
Saturday 3:00-3:50pm
Sunday 12:10-1:00pm
Sunday 2:05–2:55pm
Sunday 3:00-3:50pm

Water Movement stage 2

Tuesday 6:00-6:50pm
Thursday 6:00-6:50pm
Friday 5:05-5:55pm
Saturday 12:10-1:00pm
Saturday 3:10–4:00pm
Sunday 12:10-1:00pm
Sunday 3:10–4:00pm

Water Stamina Stage 3

Monday 5:00-5:50pm
Wednesday 5:00-5:50pm
Thursday 5:00-5:50pm
Friday 5:00-5:50pm
Friday 6:15-7:05pm
Saturday 12:10-1:00pm
Saturday 3:10–4:00pm
Sunday 12:10-1:00pm
Sunday 3:10-4:00pm

Stroke Introduction Stage4

Monday 6:15 -7:00pm
Wednesday 5:00-5:50pm
Thursday 6:00-6:50pm
Friday 6:00-6:50pm
Saturday 2:10–3:00pm
Sunday 2:10–3:00pm
Sunday 3:10-4:00pm

Stroke Development Stage 5

Tuesday 6:00-6:50pm
Wednesday 6:15-7:05pm
Thursday 6:00-6:50pm
Friday 5:05 -5:55pm
Saturday 2:10–3:00pm
Sunday 2:10–3:00pm
Saturday 3:10-4:00pm

Stroke Mechanics Stage 6

Tuesday 5:00-5:50pm
Friday 6:15-7:05pm
Saturday 3:10-4:00pm

Teen 13-17yrs Ratio 1:8

Water Acclimation stage 1

Saturday 4:10-5:00pm
Sunday 4:10-5:00pm

Water Movement stage 2

Saturday 4:10-5:00pm
Sunday 4:10-5:00pm

Water Stamina Stage 3

Saturday 4:10-5:00pm
Sunday 4:10-5:00pm

Stroke Introduction Stage4

Saturday 4:10-5:00pm
Sunday 4:10-5:00pm

Stroke Development Stage 5

Saturday 4:10-5:00pm
Sunday 4:10-5:00pm

Stroke Mechanics Stage 6

Saturday 4:10-5:00pm
Sunday 4:10-5:00pm

Adult 18yrs+ Ratio 1:8

Water Acclimation stage 1

Monday 7:10-8:00pm
Wednesday 7:10-8:00pm
Thursday 7:10-8:00pm
Friday 7:10-8:00pm
Saturday 8:00- 8:50am
Sunday 8:00-8:50am

Water Movement stage 2

Tuesday 7:10-8:00pm
Saturday 8:00-8:50am
Sunday 8:00-8:50am

Water Stamina Stage 3

Monday 7:10-8:00pm
Wednesday 7:10-8:00pm
Friday 7:10-8:00pm

Stroke Introduction Stage4

Tuesday 7:10 -8:00pm
Wednesday 7:10-8:00pm

Stroke Development Stage 5

Thursday 7:10-8:00pm
Saturday 8:00- 8:50am

Adaptive Aquatics (With Parent) **(Beginner)**

Saturday 9:00 -9:50am(6-10yrs)
Saturday 10:10 -10:40am (3-5yrs)
Sunday 10:00 -10:50am (6-12yrs)

Swimming lesson rates:

Parent/ Child and Preschool

Member: \$120.00
Non-Member: \$165.00

Youth/ Teen/ Adult

Member: \$130.00
Non-Member: \$193.00

Adaptive Aquatics

(with Parent)

Member: \$130.00
Non-Member: \$193.00

Skills and Drills

Member \$130.00
Non-Member \$193.00

Private Lessons

Member Rates:

one ½ hour lesson \$65
Four ½ hour lessons \$210
six ½ hour lessons \$300

Non-Member Rates:

One ½ hour lesson \$85
Four ½ hour lessons \$310
Six ½ hour lessons \$400

Adaptive Aquatics Adv **(With Parent)**

Sunday 9:00-9:50am (6-12yrs)

Stroke Clinics (1:15)

Monday 6:10-7:00pm
Wednesday 6:10-7:00pm
Friday 6:10-7:00pm
Sunday 3:10-4:00pm

Bronx Y needs at least 3 participants to run any swim lesson

Any questions please contact: Nadia Arroyo @
212-912-2492 or narroyo@ymcanyc.org



Swim Lesson Rules

- Make ups with doctor's note only. Make ups must be scheduled with the Aquatic Director @ (212-912-2492).
- Please do not talk to swim instructors or Lifeguard during swim class. Please wait until the end of the class if you have any questions for the Instructors.
- All participants must arrive to class on time.
- Parents are required to stay in waiting area for children during Swim lessons.
- Children that are not Potty-trained must wear a swim diaper in pool.
- Credits will not be given for non-attendances.
- Credits will not be guaranteed after the second week of the session.
- Credits request for medical reasons will be granted at the discretion of the department director.
- Make ups and credits will be given if the YMCA had to cancel class do to chemicals, fecal matter, Vomit, etc.
- All participants must wear swim caps during swim class.
- Progress Reports will be handed out the 6th week of classes. Registration starts the 6th week of class for members and the 7th week of class for program members.
- All updates will be noted on board in the pool area.
- Refunds will not be given for classes.