



# Swim Lessons for Session 193 April 29, 2019 – June 23, 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 A

##### (18-36Months)

Saturday 10:00-10:30am  
Sunday 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  
Wednesday 4:00-4:30pm  
Thursday 5:00- 5:30pm  
Friday 4:00-4:30pm  
Saturday 10:10 -10:40am  
Saturday 11:30 -12:00pm  
Sunday 10:10 -10:40am  
Sunday 11:30 -12:00pm

#### Water Movement stage 2

Monday 5:40-6:10pm  
Tuesday 5:00-5:30pm  
Friday 4:35-5:05pm  
Saturday 9:00 -9:30am  
Saturday 10:10 -10:40am  
Saturday 11:30 -12:00pm  
Saturday 1:05 -1:35pm  
Sunday 10:10 -10:40am  
Sunday 11:30 -12:00pm

#### Water Stamina Stage 3

Monday 5:00-5:30pm  
Tuesday 4:30 -5:00pm  
Wednesday 5:30-6:00pm  
Saturday 10:50-11:20am  
Saturday 11:30 -12:00pm  
Saturday 1:05 -1:35pm

Sunday 10:50 -11:20am  
Sunday 11:30 -12:00pm

#### Stroke Introduction Stage4

Monday 5:40-6:10pm  
Tuesday 4:30-5:00pm  
Wednesday 6:10-6:40pm  
Thursday 5:00- 5:30pm  
Saturday 10:50 – 11:20am  
Sunday 10:50 – 11:20am  
Sunday 1:05 -1:35pm

#### Stroke Development Stage 5

(3-5yrs)

Tuesday 4:30-5:00pm  
Wednesday 5:00-5:30pm  
Saturday 9:30-10:00am  
Saturday 10:50-11:20am  
Sunday 9:00 -9:30am  
Sunday 10:10 -10:40am

#### Stroke Mechanics Stage 6

(3-5yrs)

Wednesday 5:30-6:00pm  
Friday 4:35-5:05pm  
Saturday 10:10 -10:40am  
Sunday 9:30-10:00am  
Sunday 10:50-11:20am

## Youth 6-12yrs Ratio 1:8

#### Water Acclimation stage 1

Monday 6:00 – 6:50pm  
Tuesday 5:00 – 5:50pm  
Wednesday 5:10-6:00pm  
Thursday 6:00-6:50pm  
Friday 6:00- 6:50pm  
Saturday 12:10-1:00pm  
Saturday 2:10–3:00pm  
Saturday 3:10-4:00pm  
Sunday 12:10-1:00pm  
Sunday 2:10–3:00pm  
Sunday 3:10-4:00pm

#### Water Movement stage 2

Tuesday 6:00-6:50pm  
Wednesday 6:10-7:00pm  
Thursday 6:00-6:50pm

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

#### Stroke Introduction Stage4

Monday 6:00 -6:50pm  
Wednesday 5:10-6:00pm  
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

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

#### Stroke Mechanics Stage 6

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

#### Stroke Clinics (1:15)

Monday 6:10-7:00pm  
Wednesday 6:10-7:00pm  
Friday 6:10-7:00pm

Sunday 3:10-4:00pm

#### Adaptive Aquatics (With Parent) (Beginner) Stage 1

Saturday 7:10 -7:50am (13-18 yrs.)  
Saturday 9:00-9:50am (6-12yrs)  
Saturday 10:00 -10:40am (3-5yrs)  
Sunday 8:00-8:50am (6-12yrs)

#### Adaptive Aquatics Adv (With Parent) Stage 2

Saturday 8:10 -8:50am (13-18 yrs.)  
Sunday 9:00-9:50am (6-12yrs)

#### Adaptive Aquatics Adv (With Parent) (Inclusion) Stage 3

Sunday 10:00 -10:50am (6-12yrs)

#### Adaptive Aquatics Adv (W/O Parent) (Inclusion) Stage 5

Sunday 1:10 -2:00pm (6-12yrs)

## Teen 13-17yrs Ratio 1:8

#### Water Acclimation stage 1

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

#### Water Movement stage 2

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

#### Water Stamina Stage 3

Saturday 4:10-5:00pm  
Sunday 4:10-5:00pm  
Friday 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 10:30-11:20am  
Monday 7:10-8:00pm  
Wednesday 10:30-11:20am  
Wednesday 7:10-8:00pm  
Thursday 7:10-8:00pm  
Friday 10:30-11:20am  
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  
Sunday 5:00-5:50pm

#### Water Stamina Stage 3

Monday 7:10-8:00pm  
Wednesday 7:10-8:00pm  
Friday 7:10-8:00pm  
Sunday 8:00-8:50am  
Sunday 5:00-5:50pm

#### Stroke Introduction Stage 4

Tuesday 7:10 -8:00pm  
Wednesday 7:10-8:00pm  
Saturday 5:00-5:50pm

#### Stroke Development Stage 5

Thursday 7:10-8:00pm  
Saturday 8:00- 8:50am  
Saturday 5:00-5:50pm



### **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 6 weeks of classes. Registration starts 6 weeks of class for members and the 7 weeks of class for program members.
- All updates will be noted on board in the pool area.
- Refunds will not be given for classes

### **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) 2**

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

ix ½ hour lessons \$300

Non-Member Rates:

One ½ hour lesson \$85

Four ½ hour lessons \$310

Six ½ hour lessons \$400