



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2019 TEEN AQUATICS CLASSES

Session Breaks [No Classes]: Mon 6/24/19 – Sun 6/30/19 & Mon 8/26/19 – Mon 9/2/19
No Classes Running on Independence Day, Thursday 7/4/19

NAME _____ *Please PRINT and fill out completely*
PHONE #1 _____ e-mail: _____
MEMBER ID# _____ address: _____

___ Full 8-Week Summer Session [194] – July 1st thru Aug 25th

4-Week ___ Summer Session I [194 A (July)] – July 1st thru July 28th

Options: ___ Summer Session II [194 B (August)] – July 29th thru Aug 25th

TEEN STAGES 1 & 2 (12-17YRS): WATER ACCLIMATION & WATER MOVEMENT

Fri 7:30-8:30pm

4W: M \$77, NM \$142; 8W: M \$140, NM \$259

TEEN STAGES 3 & 4 (12-17YRS): WATER STAMINA & STROKE INTRODUCTION

Thu 7:30-8:30pm

4W: M \$77, NM \$142; 8W: M \$140, NM \$259

TEEN STAGES 5 & 6 (12-17YRS): STROKE DEVELOPMENT & STROKE MECHANICS

Fri 8:30-9:30pm

4W: M \$77, NM \$142; 8W: M \$140, NM \$259

LIFEGUARD PREP:

Fri 7:30-8:30pm

4W: M \$77, NM \$142; 8W: M \$140, NM \$259

AQUATIC CONDITIONING

Tue 6:25-7:25pm Tue 6:25-7:25pm Sat 1:00-2:00 Sun 2:15-3:15

4W: M \$77, NM \$142; 8W: M \$140, NM \$259

YMCA OF GREATER NEW YORK Staten Island, South Shore

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