



Castle Hill YMCA

SWIM LESSONS for Session 201: January 2 – February 24, 2020

PARENT AND CHILD (6 MOS-3YRS) Ratio 1:10

Water Discovery A (6-18mos)

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

Water Exploration A (18-36mos)

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

Water Movement: Stage 2

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

Water Stamina: Stage 3

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

Water Stamina: Stage 3 (cont.)

Saturday 1:05-1:35pm
Sunday 10:50-11:20am
Sunday 11:30am-12:00pm

Stroke Introduction: Stage 4

Monday 5:40-6:10pm
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)

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
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: Stage 4

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

Aquatics Conditioning

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

Adaptive Aquatics (w/Parent) (Beginner) Stage 1

Saturday 8:00-8:50am (13-18 yrs.)
Saturday 9:00-9:50am (6-12yrs)
Saturday 10:00-10:30am (3-5yrs)

Adaptive Aquatics (w/Parent) (Advanced) Stage 2

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

Adaptive Aquatics (w/o Parent) (Advanced) (Inclusion) Stage 5

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

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: Stage 4

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

Swim Lesson Rules

- Make ups with doctor's note only.
- Make ups must be scheduled with the Aquatic Director at (212) 912-2492.
- Please do not talk to Swim Instructors or Lifeguards 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.
- Credit 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 for the next session 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 Swim lessons.

Swimming Lesson Rates

Parent/ Child and Preschool

Member: \$ 126.00

Non-Member: \$ 173.00

Youth/ Teen/ Adult

Member: \$ 133.00

Non-Member: \$ 198.00

Adaptive Aquatics (with Parent)

Member: \$ 133.00

Non-Member: \$ 198.00

Aquatics Conditioning

Member: \$ 133.00

Non-Member: \$ 198.00

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