

McBURNY YMCA WINTER 2020 SWIM LESSON SCHEDULE

PARENT-CHILD CLASSES 6-36 months	LESSON FEES:	Member: \$180	Community: \$250
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30 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Water Discovery 6-18 months		10:00 am	10:00 am 10:30 am	10:00 am		10:00 am 12:30 pm	
● Water Exploration 6-18 months		10:00 am	10:00 am 10:30 am	10:00 am		10:00 am 10:30 am 12:30 pm	
● Water Discovery 19-36 months		10:00 am	10:00 am 10:30 am	10:00 am		10:00 am 10:30 am 12:30 pm	
● Water Exploration 19-36 months		10:00 am	10:00 am 10:30 am	10:00 am		10:30 am 12:30 pm	

PRESCHOOL CLASSES 3-5 years	LESSON FEES:	Member: \$180	Community: \$250
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30 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Stage 1 w/ Parent						12:30 pm	
● Stage 1: Water Acclimation	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:00 am 9:35 am 10:10 am 10:45 am	10:00 am 3:30 pm

40 MINUTES

● Stage 2: Water Movement	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:00 am 9:50 am 10:40 am	
● Stage 3: Water Stamina	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:50 am 10:40 am	
● Stage 4: Stroke Introduction	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:50 am 10:40 am	

A WATER DISCOVERY I	B WATER EXPLORATION I	1 WATER ACCLIMATION P S A	2 WATER MOVEMENT P S A	3 WATER STAMINA P S A
4 STROKE INTRODUCTION P S A	5 STROKE DEVELOPMENT S A	6 STROKE MECHANICS S A		







Register online at register.ymcanyc.org

McBURNY YMCA WINTER 2020 SWIM LESSON SCHEDULE

SCHOOL AGE + TEENS	LESSON FEES:	Member: \$180	Community: \$250
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SCHOOL AGE CLASSES | 6-12 years

40 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Stage 1	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:00 am 9:50 am	10:30 am
 Stage 2	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm	3:45 pm 4:30 pm		9:00 am 9:50 am	
 Stage 3	3:45 pm 4:30 pm	4:30 pm	3:45 pm	4:30 pm		9:00 am 9:50 am	
 Stage 4	3:45 pm 4:30 pm		4:30 pm	3:45 pm 4:30 pm		9:00 am 11:30 am	
 Stage 5		4:30 pm	3:45 pm 4:30 pm	4:30 pm		11:30 am	
 Stage 6	4:30 pm	4:30 pm	3:45 pm	3:45 pm		11:30 am	





TEEN CLASSES | 12-17 years

40 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 All Levels						12:30 pm	


ADULT CLASSES 18+ years	LESSON FEES:	Member: \$165	Community: \$250
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45 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Stage 1/2 (Beginner)	8:00 pm	6:30 pm	8:00 pm	6:30 pm		5:00 pm	
 Stage 3 (Intermediate 1)		7:15 pm	8:45 pm	7:15 pm		5:00 pm	
 Stage 4 (Intermediate 2)		7:15 pm	8:45 pm	7:15 pm			
 Stage 5/6 (Advanced)				8:00 pm			

NEW! SENIOR CLASSES 65+ years	LESSON FEES:	Member: \$100	Community: \$125
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45 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 All Levels	10:00 am						

RELUCTANT SWIMMER	LESSON FEES:	Member: \$240	Community: \$360
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ADULT CLASSES | 18+ years

40 minutes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Reluctant Swimmer	8:00 pm				8:00 pm		

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