Updated: 2/24/2020 Swim Lessons for Session 202 February 24 – April 26, 2020

**Swimming lesson rates:**

**Parent/ Child and Preschool**
- Member: $126.00
- Non-Member: $173.00

**Youth/ Teen/ Adult**
- 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

The Castle Hill YMCA needs at least 3 participants to run group swimming lesson. If you have any questions, please contact: Nadia Arroyo @ 212-912-2492 or narroyo@ymcanyc.org

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

**Water Discovery A**
- (6-18Months)
- Sunday 9:30-10:00am

**Water Exploration A**
- (18-36Months)
- Saturday 10:00-10:30am

**Preschool 3-5yrs Ratio 1:6**
- Water Acclimation stage 1
  - (With Parent)
  - 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 11:30 - 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
- Saturday 9:00 -9:30am
- Saturday 10:10 -10:40am
- Saturday 11:30 -12:00pm
- 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
- Sunday 10:50 - 11:20am

**Stroke Introduction Stage 4**
- Monday 5:40-6:10pm
- Saturday 10:50 – 11:20am
- Sunday 10:50 – 11:20am

**Stroke Development Stage 5**
- (3-5yrs)
- 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
- Sunday 10:50-11:20am

**Youth 6-12yrs Ratio 1:8**
- Water Acclimation Stage 1
  - Saturday 12:10-1:00pm
  - Saturday 2:10-3:00pm
  - Saturday 2:10-3:00pm

**Water Movement Stage 2**
- Tuesday 6:00-6:50pm
- Friday 5:00-5:50pm
- Saturday 12:10-1:00pm
- Sunday 3:10-4:00pm
- Sunday 12:10-1:00pm
- Sunday 2:10-3:00pm

**Water Stamina Stage 3**
- Wednesday 5:10-6:00pm
- Friday 5:05-5:55pm
- Saturday 12:10-1:00pm
- 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**
- Wednesday 6:10-7:00pm
- Thursday 6:00-6:50pm
- Saturday 2:10–3:00pm
- Sunday 2:10–3:00pm
- Saturday 3:10-4:00pm

**Stroke Mechanics Stage 6**
- Monday 6:00-6:50pm
- Friday 6:00-7:00pm
- Saturday 3:10-4:00pm
- Sunday 2:10-3:00pm

**Aquatics Conditioning**
- Wednesday 6:10-7:00pm
- Friday 6:10-7:00pm
- Saturday 3:10-4:00pm
- Saturday 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 Adv (W/ Parent) Stage 2**
- Sunday 8:00 - 8:50am (13-18 yrs.)

**Adaptive Aquatics Adv (W/ Parent) (Inclusion) Stage 3**
- Saturday 9:00 -9:50am (6-12yrs)

**Adaptive Aquatics Adv (W/O Parent) (Inclusion) Stage 4**
- 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
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 due 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 Swim lessons.