



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

## Parent and Child (6mos-3yrs)

**Ratio 1:10**

### Water Discovery A

**(6-18Months)**

Saturday 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

Saturday 11:30 -12:00pm

Saturday 1:05 -1:35pm

Sunday 10:50 -11:20am

### Stroke Introduction Stage4

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

Sunday 12:10-1:00pm

Sunday 2:10–3:00pm

### Water Movement Stage 2

Tuesday 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 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 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

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

Sunday 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**

Sunday 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

### Water Movement Stage 2

Saturday 4:10-5:00pm

Friday 4:10-5:00pm

### Water Stamina Stage 3

Sunday 4:10-5:00pm

## Adult 18yrs+ Ratio 1:8

### Water Acclimation stage 1

1

Monday 7:10-8:00pm

Wednesday 7:10-8:00pm

Thursday 7:10-8:00pm

Saturday 8:00- 8:50am

### Water Movement stage 2

Tuesday 7:10-8:00pm

Saturday 8:00-8:50am

### Water Stamina Stage 3

Sunday 8:00-8:50am

## 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) 2

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



CONTINUE

### 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 Swim lessons.