

## **SWIMMING LESSONS**

March 18 - May 4, 2024

Schedules subject to change

All lessons required Registration.

Registration opens Mon., Mar. 4, 2024

Rates (7 Weeks)

30 Minute Class \$71.40

45 Minute Class \$79.10

Semi Private 30 Minute Class \$180.25 (incl. 2 students/1 instructor)

Private 30 Minute Class \$122.95 (incl. 1 student/l instructor) Y Waves Swim Team Non Member: \$153.15 1 day/week Member: \$35.00 1 day/week

> Adult Stroke Correction Non Member: \$76.15 Member: No Cost

Adult Learn to Swim Non Member: \$76.15 Member: No Cost

Rates (5 Weeks)

Artistic (Synchronized) Swimming Non Member: \$50 Member: \$35

registration opens Mon., Mar. 4, 2024		Member 455			
Level	Tuesday	Wednesday	Thursday	Saturday	Sunday
Splasher/Bubbler	5:30pm - 6:00pm	5:00pm - 5:30pm	4:30pm - 5:00pm	9:30am - 10:00am	
Bobber	4:30pm - 5:00pm 5:30pm - 6:00pm 6:00pm - 6:30pm 6:30pm - 7:00pm	4:30pm - 5:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm	9:00am - 9:30am 10:30am - 11:00am 12:15pm - 12:45pm	
Floater	4:30pm - 5:00pm 5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 6:00pm - 6:30pm	9:30am - 10:00am 12:00pm - 12:30pm	
Glider/Diver	5:00pm - 5:30pm 6:30pm - 7:00pm	5:30pm - 6:00pm 6:45pm - 7:15pm	5:00pm - 5:30pm 6:30pm - 7:00pm	10:00am - 10:30am 11:30am - 12:00pm	
Surfer/Jumper		5:30pm - 6:00pm	6:00pm - 6:30pm	10:00am - 10:30am	
Otter	6:00pm - 6:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm	5:00pm - 5:30pm 5:30pm - 6:00pm	9:00am - 9:30am 10:00am - 10:30am 12:30pm - 1:00pm	
Seal	5:00pm - 5:30pm	5:00pm - 5:30pm 6:30pm - 7:00pm	4:30pm - 5:00pm 5:30pm - 6:00pm	10:30am - 11:00am 12:30pm - 1:00pm	
Dolphin/Swimmer	4:30pm - 5:00pm 5:30pm - 6:00pm 6:30pm - 7:00pm	4:30pm - 5:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:00pm - 5:30pm 6:30pm - 7:00pm	9:00am - 9:30am 11:45am - 12:15pm 11:30am - 12:00pm	
Star 1/2	4:30pm - 5:15pm 6:00pm - 6:45pm	4:30pm - 5:15pm 6:00pm - 6:45pm	6:00pm - 6:45pm	9:00am - 9:45am 10:45am - 11:30am	
Star 3/4	5:15pm - 6:00pm	5:15pm - 6:00pm	6:00pm - 6:45pm	9:45am - 10:30am 11:45am - 12:30am	
Star 5/6		7:15pm - 8:00pm	7:15pm - 8:00pm	10:30am - 11:15am	
Private/Semi	6:45pm - 7:15pm 7:00pm - 7:30pm 7:15pm - 7:45pm 7:30pm - 8:00pm	6:30pm - 7:00pm 6:45pm - 7:15pm 7:00pm - 7:30pm 7:30pm - 8:00pm	6:45pm - 7:15pm 7:00pm - 7:30pm 7:15pm - 7:45pm 7:30pm - 8:00pm	9:30am - 10:00am 11:00am - 11:30am 11:15am - 11:45am 12:00pm - 12:30pm 12:30pm - 1:00pm	10:00am - 10:30am 10:30am - 11:00am 11:00am - 11:30am 11:30am - 12:00pm 12:00am - 12:30pm 12:30am - 1:00pm
Y Waves Swim Team	7:00pm - 8:00pm				
Adult Classes		7:15pm - 8:00pm Stroke Correction	7:15pm - 8:00pm Learn to Swim		
Artistic Swimming	Beginner: Friday 6-6:45pm Intermediate: Friday 6:45-7:30pm				

## SPLASHER/BUBBLER SWIM LESSONS

Parents/guardians will be required to be in the water to assist their child for this level of lessons.

## **ADULT LEARN TO SWIM COURSE:**

In a group setting, certified YMCA Swim instructors tailor individualized plans for each participant.

## **ADULT SWIM CORRECTION**

This session is great for adult swimmers looking to improve technique or learn a new stroke or to become more efficient in the water to make your swimming a little easier, increase your speed for faster times or to prevent injuries that may occur due to poor technique.

NEW THIS SESSION: ARTISTIC (SYNCHRONIZED) SWIMMING FOR CHILDREN & YOUTH on Friday Night for 5 weeks starting Apr. 5.

Choose 1) BEGINNER with at least Star 1 Swim Level at 6-6:45pm on Friday or 2) INTERMEDIATE/ADVANCED at 6:45-7:30pm on Friday.