

# **SWIM LESSON SCHEDULE**

## September 8 - December 21, 2025

Session A (8 Weeks): September 8 - November 2 Session B (7 Weeks): November 3 - December 21 SESSION A (8 wks)

30 Minute Group Class \$84.10

45 Minute Group Class \$93.04

Private 30 Minute Class \$144.64

Semi Private 30 Minute Class \$212.16

> Adult Swim Class Non Member: \$124.08 Member: No Cost

Y Waves Swim Team Non Member: \$146.48 Member: \$128.16 SESSION B (7 wks)

30 Minute Group Class \$73.57

45 Minute Group Class

Private 30 Minute Class \$126.56

Semi Private 30 Minute Class \$185.64

> Adult Swim Class Non Member: \$108.57 Member: No Cost

Y Waves Swim Team Non Member: \$128.17 Member: \$112.14

### 2025 Rates

1 Group Class is included with each

Session A (8 Weeks)

Session B (7 Weeks) Nov. 3 - Dec. 21

All lessons required Registration | Registration opens for Session A on August 25th & Session B on October 20th

Level	Tuesday	Wednesday	Thursday	Saturday	Sunday
Splasher/Bubbler	4:45pm - 5:15pm	5:00pm - 5:30pm	4:30pm - 5:00pm	9:30am - 10:00am	
Bobber	4:30pm - 5:00pm 5:30pm - 6:00pm	4:30pm - 5:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm	9:00am - 9:30am 10:30am - 11:00am 11:45am - 12:15pm	
Floater	4:30pm - 5:00pm 5:30pm - 6:00pm	5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 6:00pm - 6:30pm	9:30am - 10:00am 10:30am - 11:00am 11:45am - 12:15pm	
Glider/Diver	5:00pm - 5:30pm 6:30pm - 7:00pm	5:30pm - 6:00pm 6:30pm - 7:00pm	5:00pm - 5:30pm 6:30pm - 7:00pm	10:00am - 10:30am 11:30am - 12:00pm	Leadership Course Running this Fall:
Surfer/Jumper	6:00pm - 6:30pm	5:30pm - 6:00pm	6:00pm - 6:30pm	10:00am - 10:30am	Standard First Aid/CPR'C' Oct. 4/5
Otter	5:00pm - 5:30pm 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	9am - 5pm \$120 Non Members \$95 Members
Seal	5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 6:30pm - 7:00pm	4:30pm - 5:00pm 5:30pm - 6:00pm	9:30am - 10:00am 10:30am - 11:00am 12:30pm - 1:00pm	Bronze Med./Bronz Cross/Emergency First Aid Dec. 22, 23, 26, 27 & 2
Dolphin	4:30pm - 5:00pm 6:30pm - 7:00pm	4:30pm - 5:00pm 6:30pm - 7:00pm	5:00pm - 5:30pm 6:30pm - 7:00pm	9:00am - 9:30am 11:45am - 12:15pm	9am - 5pm \$371
Swimmer	5:30pm - 6:00pm 6:30pm - 7:00pm	6:00pm - 6:30pm 7:00pm - 7:30pm	4:30pm - 5:00pm 6:45pm - 7:15pm	10:00am - 10:30am 12:15pm - 12:45pm	Learn more here:
Star 1/2	6:00pm - 6:45pm	4:30pm - 5:15pm 6:00pm - 6:45pm	6:00pm - 6:30pm	9:00am - 9:45am 10:45am - 11:30am	
Star 3/4	5:15pm - 6:00pm	5:15pm - 6:00pm	6:00pm - 6:45pm	11:45am - 12:30pm	
Star 5/6	6:45pm - 7:30pm	7:00pm - 7:45pm	7:00pm - 7:45pm	12:15pm - 1:00pm	
Private/Semi	7:00pm - 7:30pm 7:30pm - 8:00pm	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	9:00am - 9:30am 9:30am - 10:00am 11:00am - 11:30am 11:15am - 11:45am	10:00am - 10:30am 10:30am - 11:00am 11:00am - 11:30am 11:30am - 12:00pm 12:00pm - 12:30pm 12:30pm - 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	Schedules subject to change	

## SPLASHER/BUBBLER SWIM LESSONS

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

#### V Waye

Swimmer will discover their love of the swimming, while having fun and making friends. It is designed to introduce the fundamental skills of competitive swimming in a fun and engaging environment. Swimmers will improve the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly) and learn racing dives, & flip turns, etc.

#### ADULT LEARN TO SWIM COURSE

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

## ADULT STROKE CORRECTION COURSE

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.