



# SWIM LESSONS

## STRONG SWIMMERS

## CONFIDENT KIDS

GROUP

SEMI-PRIVATE

PRIVATE

### Group Swim Lessons

As the largest provider of swim lessons in the country, there's no one more qualified than the Y to ensure swimmers build confidence with every stroke. Welcoming kids and adults of all ages and abilities, our program offers a clear progression track to monitor achievement while every lesson emphasizes personal safety around water.

### GROUP LESSON PRICING - Registration opens 10/9 for Facility Members and 10/16 for Community Members

Lesson Length	Number of Lessons	Lesson Fee
30 minutes	7	\$70 FM   \$105 CM
45 minutes	7	\$105 FM   \$157.50 CM

Some lessons are priced differently to accommodate shortened weeks. Visit our website for detailed pricing.

### Private & Semi-Private Lessons

Private and Semi-Private lessons are a great option for swimmers looking to catch up or get ahead. Certified Y instructors provide 30 minutes of individualized attention to help improve or master your swimming skills. You set the pace and curriculum by working with the instructor to determine the milestones and improvement plans that are right for you or your swimmer. Pairs of swimmers can register for Semi-Private Lessons to receive the same individualized attention offered by private lessons.

See pricing online at [ymca-snoco.org](http://ymca-snoco.org).

### Additional Information:

All Stage A and B classes require a supervising individual in the water. Enjoy the ease of registering online at [ymca-snoco.org](http://ymca-snoco.org). Credit vouchers can now be used when registering online. Financial assistance can only be redeemed when registering in person. Classes will not be pro-rated for participants starting after the sessions has begun. We do not offer make up classes missed by the participants. Credit will be issued for any canceled classes.

<b>SWIM STARTERS (6-36 MONTHS)</b>						
	MON	TUES	WED	THURS	FRI	SAT
STAGE A & B	4:05 & 5:15 PM	4:40 PM	5:15 PM	5:15 PM	4:40 PM	11:25 AM

<b>SWIM BASICS (3-5 YEARS OLD)</b>						
	MON	TUES	WED	THURS	FRI	SAT
STAGE 1	4:05, 4:40, & 5:15 PM	4:05 PM	4:40 PM	4:40 & 5:15 PM	5:15 PM	10:50 AM
STAGE 2	4:40 PM	4:40 PM	4:05, 4:40, & 5:15 PM	4:05 PM	5:15 PM	10:50 AM
STAGE 3	N/A	5:50 PM	N/A	N/A	N/A	N/A

<b>SWIM STROKES (5-12 YEARS OLD)</b>						
	MON	TUES	WED	THURS	FRI	SAT
STAGE 1	6:25 PM	5:15 PM	5:50 PM	6:25 PM	4:40 PM	9:05 AM
STAGE 2	5:50 & 6:25 PM	5:15 PM	5:50 & 6:25 PM	4:40 PM	5:50 PM	9:40 AM
STAGE 3	5:50 PM	5:50 & 6:25 PM	4:05 & 6:25 PM	5:50 PM	4:05, 5:50, & 6:25 PM	10:15 AM
STAGE 4	7:00 PM	6:25 PM	N/A	5:50 & 7:00 PM	6:25 PM	10:15 AM
STAGE 5	N/A	5:15 PM	N/A	6:25 PM	4:05 PM	N/A
STAGE 6	3:50 PM	N/A	N/A	7:00 PM	N/A	N/A
STAGE 5 & 6	N/A	3:50 PM	3:50 PM	N/A	N/A	9:25 AM

<b>ADULT LESSONS (18+ YEARS OLD)</b>						
	MON	TUES	WED	THURS	FRI	SAT
ADULT	N/A	7:00 PM	N/A	N/A	N/A	11:25 AM & 12:00 PM

<b>AQUATIC CONDITIONING (6-15 YEARS OLD)</b>						
	MON	TUES	WED	THURS	FRI	SAT
AQUATIC CONDITIONING	N/A	7:00 PM	N/A	3:50 PM	N/A	N/A