



EAST SHORE YMCA

# SWIM LESSONS

## Spring I Session

**MARCH 15 - MAY 8**

7 weeks, no lessons on April 3

### REGISTRATION DATES

Facility members: FEBRUARY 15

Program members: FEBRUARY 22

MONDAY	6:00-6:30 pm 6:35-7:05 7:10-7:40	Pike (AGES 3-5, NON-SWIMMER / BEGINNER) Eel (AGES 3-5, BEGINNER / ADVANCED BEGINNER) Ray / Starfish (AGES 3-5, INTER / ADVANCED SWIMMER)
TUESDAY	6:30-7:15 pm	Polliwog (AGES 6-12, NON-SWIMMER / BEGINNER)
WEDNESDAY	5:45-6:15 pm 6:15-7:00	Perch Plus (AGES 24-36 MONTHS, TRANSITIONAL) Flying Fish / Shark (AGES 6-12, ADVANCED SWIMMER)
THURSDAY	6:30-7:15 pm	Guppy (AGES 6-12, BEGINNER / ADVANCED BEGINNER)
FRIDAY	6:00-6:30 6:30-7:15 7:15-8:00	Pikes with Parents (AGE 3, TRANSITIONAL) Minnow / Fish (AGES 7-13, INTERMEDIATE / ADVANCED SWIMMER) Teen Beginner (AGES 13-17, BEGINNER)
SATURDAY	8:10-8:55 9:00-9:45 9:50-10:35 10:40-11:10 11:15-11:45 11:50-12:20 pm 12:25-12:55 pm	Adult Beginner Polliwog (AGES 6-12, NON-SWIMMER / BEGINNER) Guppy (AGES 6-12, BEGINNER / ADVANCED BEGINNER) Ray / Starfish (AGES 3-5, INTER / ADVANCED SWIMMER) Eel (AGES 3-5, BEGINNER / ADVANCED BEGINNER) Pike (AGES 3-5, NON-SWIMMER / BEGINNER) Aqua Tots (AGES 6-35 MOS, WATER ADJUSTMENT)

**Swim Lessons for Spanish-Speaking Adults** (group or private) will run Tuesdays from 1:30-2:30 pm

**Private Synchronized Swimming Lessons** are available upon request; group instruction will begin with the Spring II session.

**Tri Hard Triathlete Training Clinic** will be held for 5 weeks on Wednesdays 2/24 - 3/24, from 7:00-8:30 pm

**Fitness Swimmer Training** will be held for 5 weeks on Wednesdays, 4/7 -5/5, from 7:00-8:30 pm

### Lesson Fees Parent-Child & Pre-School Levels

Facility member: \$45 Program member: \$65

### Progressive levels

Facility member: \$50 Program member: \$70

**Student to Instructor Ratio** The ESY follows National YMCA guidelines for swimming instruction. Class size is limited to a maximum of 6:1 for pre-school age students and 8:1 for youth classes.

- Classes will be cancelled if there are not enough registrants. Cancellation decisions are made one-week prior to sessions.
- Class fees are non-refundable, unless the YMCA cancels the class.
- Make up classes are not given. Credits will not be given for absence or illness.