

## 2024 Summer Swim Lessons

Members \$80.00 Non-Members \$120.00 8 Classes 45-minutes

Members \$70.00 Non-Members \$110.00 7 Classes 45-minutes

Members \$55.00 Non-Members \$95.00 8 Classes 30-minutes (Swim Starters)

### **Swim Starters Tuesday Infant & Toddler Session**

June 4 – July 23

- Water Discovery (Parent Assisted) Ages 6 months-3 years.  
12:15pm – 12:45pm

### **Swim Basics M-TH Morning Group Sessions**

June 3 - June 13 Session **1**

June 17 - June 27 Session **2**

July 1 - July 11 No lesson July 4 (7 classes) Session **3**

July 15 – July 25 Session **4**

Ages 3-5years

- Stage 1 Water Acclimation 10:15am -11:00am
- Stage 2 Water Movement 11:15am -12:00pm

Ages 6-12 years

- Stage 1 Water Acclimation 10:15am -11:00am
- Stage 2 Water Movement 11:15am -12:00pm

Ages 5-12 years

- Stage 3 Water Stamina 12:15pm -1:00pm

## **Swim Basics**

### **M-TH Evening Group Sessions**

June 3 - June 13 Session **1**

June 17 - June 27 Session **2**

July 1 - July 11 No lesson July 4 (7 classes) Session **3**

July 15 - July 25 Session **4**

Ages 3-5

- Stage 1 Water Acclimation 4:00pm – 4:45pm
- Stage 2 Water Movement 5:00pm – 5:45pm

Ages 6-12

- Stage 1 Water Acclimation 4:00pm – 4:45pm
- Stage 2 Water Movement 5:00pm – 5:45pm

Ages 5-12

- Stage 3 Water Stamina 6:00pm – 6:45pm

## **Swim Strokes**

### **T/TH Evening Group Sessions**

June 4 – June 27 Session **1**

July 9 – July 30 (7 classes) Session **2**

Ages 6 – 12

- Stage 4 Stroke Introduction Ages 5-12 5:15pm – 6:00pm
- Stage 5 Stroke Development Ages 5-12 6:15pm – 7:00pm

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- A Parent or Guardian 18+ must remain on deck during swim lessons. Parents are responsible for the safety of their own children during their class.
  - Participants may not be moved to a different class once the session begins.
  - Make-up lessons/refunds will not be given if participants do not attend their lessons.
  - There is a minimum of three participants to make a class. If the class has less than three, the students may be asked to join another class, or it will be taught for 30 minutes instead of 45.

Questions: Contact Tina Henderson Email: [tinah@gapiedmontymca.org](mailto:tinah@gapiedmontymca.org)