



SUNDAY SWIM LESSONS

Raritan Valley YMCA Fall 2017 at Cook College Pool

Register online @ www.raritanvalleyymca.org or by phone 732-257-4114



The YMCA:

The Nation's Leader in Swim Lessons

We help you build swimming abilities at all levels--whether you're an absolute beginner learning basic water skills, or preparing for competition-level swimming. Lessons also increase water safety knowledge. Classes are taught by caring, YMCA instructors. Class participants are divided into skill levels and class size is such that the instructor can provide proper instruction. Lessons are held on **Sundays** at the Rutgers Cook College Pool.

Dates - **Session 1:** Sep. 10 to Oct. 22 (every Sunday—7 lessons)
Session 2: Oct. 29 to Dec. 17 (every Sunday except Nov. 26—7 lessons)

Sunday Morning Classes:								
10:00 - 10:30 am	10:00 - 10:40 am	10:00 - 11:00 am	10:30 - 11:00 am	10:40 - 11:20 am	11:00 - 11:30 am	11:00 am - 12:00 pm	11:20 am - 12:00	11:30 am - 12:00 pm
Stage 1 (Age 3-5) Stage 2 (Age 3-5) Stages 1&2 (Age 5-12) Stage 3 (Age 5-12)	Stage 4 (Age 4-12)	Stage 6 (All ages) Stages 1,2,3 (Age 13 to adult)	Stage 1 (Age 3-5) Stage 2 (Age 3-5) Stages 1&2 (Age 5-12) Stage 3 (Age 5-12)	Stage 4 (Age 4-12)	Stage 1 (Age 3-5) Stage 3 (Age 3-5) Stages 2&3 (Age 5-12)	Stage 5 (Age 5-12) Stages 4&5 (Age 13 to adult)	Stage 4 (Age 4-12)	Stage 1 (Age 3-5) Stages 1&2 (Age 5-12) Special Needs Youth (Age 3 to 12, special needs requiring additional attention)
\$91	\$110	\$130	\$91	\$110	\$91	\$130	\$110	\$91
7 lessons	7 lessons	7 lessons	7 lessons	7 lessons	7 lessons	7 lessons	7 lessons	7 lessons

Adult Lap Swim: 11:00 a.m. to 12:00 p.m. Free to Facility Members, \$35 for Program Members. Must pre-register.

Stages A & B (parent child) are not available at the Cook College location.

YMCA membership (options starting at \$70 per year per person) required to register.

We cannot guarantee make-up periods for late arrivals or missed lessons. (Make-up lessons, in time slots other than the one you have registered for, will only be available in classes which are not filled to capacity.) Please consult with the on-deck staff before attempting to make up a missed class. Parents may watch from the windows next to the pool, but are not permitted on the pool deck during the lesson.

- See Swim Level Selector guide for level descriptions.
- If you do not know your level, register for the **LOWEST** level you think you or child may be eligible for. Child may be evaluated and moved up a level on the first day, if necessary. (Price increase may apply if moved to a longer class.)
- Note: swimming is a skill which requires repetition to perfect. Most swimmers will require multiple sessions at their current level before moving up.

Lesson location: Cook/Douglas Recreation Facility

50 Biel Road
 New Brunswick, NJ 08901

Register at: Raritan Valley YMCA
 144 Tices Lane, East Brunswick, NJ 08816
 732-257-4114
raritanvalleyymca.org

REFUND POLICY: A full refund will only be issued if a member withdraws 7 days prior to the first class. After this date, no refunds will be issued. Memberships are non-refundable. The membership is good for other programs at the YMCA.