



# SUNDAY SWIM LESSONS

## Raritan Valley YMCA 2018 Fall Lessons at Cook College Pool

Register online @ [www.raritanvalleyymca.org](http://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.

**Session 1 (7 lessons):** Sep. 9, Sep. 16, Sep. 23, Sep. 30, Oct. 7, Oct. 14, Oct. 21

**Session 2 (7 lessons):** Oct. 28, Nov. 4, Nov. 11, Nov. 18, Dec. 2, Dec. 9, Dec. 16 (no lessons Nov. 25, Thanksgiving wknd)

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 pm	11:30 am - 12:00 pm
Stage 1 (Age 3-5)	Stage 4 (Age 4-12)	Stage 6 (All ages, kids to adult)	Stage 1 (Age 3-5)	Stage 4 (Age 4-12)	Stage 1 (Age 3-5)	Stage 5 (Age 5-12)	Stage 4 (Age 4-12)	Stage 1 (Age 3-5)
Stage 2 (Age 3-5)			Stage 2 (Age 3-5)		Stage 3 (Age 3-5)	Stages 3, 4 & 5 (Age 13 to adult—able to swim 10 yards independently)		Stages 1 & 2 (Age 5-12)
Stages 1 & 2 (Age 5-12)		Stages 1, 2 (Age 13 to adult—not yet able to swim 10 yards independently)	Stages 1 & 2 (Age 5-12)		Stages 2 & 3 (Age 5-12)			Special Needs Youth (Age 3 to 12, special needs requiring additional attention)
Stage 3 (Age 5-12)			Stage 3 (Age 5-12)					
<b>\$91</b> 7 lessons	<b>\$110</b> 7 lessons	<b>\$130</b> 7 lessons	<b>\$91</b> 7 lessons	<b>\$110</b> 7 lessons	<b>\$91</b> 7 lessons	<b>\$130</b> 7 lessons	<b>\$110</b> 7 lessons	<b>\$91</b> 7 lessons

**Adult lap swim: 11:00 a.m. to 12:00 p.m. Free to facility members, \$40 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.