



SUNDAY SWIM LESSONS

Raritan Valley YMCA 2019 Winter/Spring Lessons 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.

Session 1 (8 lessons): Jan. 6, Jan. 13, Jan. 20, Jan. 27, Feb. 3, Feb. 10, Feb. 17, Feb. 24

Session 2 (8 lessons): Mar. 3, Mar. 10, Mar. 17, Mar. 24, Mar. 31, Apr. 7, Apr. 14, Apr. 28 (no lessons Apr. 21)

Group lessons:

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
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, kids to adult) Adult/teen lessons (Beginner/Intermediate swimmers up to Stage 5. Advanced teens/adults should register for Stage 6)	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)
\$104 8 lessons	\$125 8 lessons	\$145 8 lessons	\$104 8 lessons	\$125 8 lessons	\$104 8 lessons	\$145 8 lessons

Small-group lessons

(maximum 4 students per class):

11:20 am - 12:00 pm	11:30 am - 12:00 pm
Stage 4 (Age 4-12)	Stage 1 (Age 3-5) Stage 2 (Age 3-5) Stages 1&2 (Age 5-12) Stage 3 (Age 4-12)
\$205 8 lessons	\$182 8 lessons

Adult lap swim: 11:00 a.m. to 12:00 p.m. Free to facility members, \$40 for Program Members. Must pre-register. Lap swim does not include lessons/instruction.

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.

Please consult with the on-deck staff before attempting to make up a missed class. If you are joining a class other than the one which you have registered for, we will need to check that it is not filled to capacity.

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 Rd, 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.