



# SUNDAY SWIM LESSONS

## Raritan Valley YMCA 2019 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. 8, Sep. 15, Sep. 22, Sep. 29, Oct. 6, Oct. 13, Oct. 20

**Session 2 (7 lessons):** Oct. 27, Nov. 3, Nov. 10, Nov. 17, Nov. 24, Dec. 8, Dec. 15 (no lessons Dec. 1, 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
Parent/child stage A/B* (Under Age 3) 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)	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) Adult/teen lessons (Beginner/Intermediate swimmers up to Stage 5. Advanced teens/adults should register for Stage 6)	Stage 4 (Age 4-12)	<b>Small group lessons:</b> Available for Stages 1 through 4. Students will be matched with an instructor, maximum student-teacher ratio of 4-to-1.
<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>\$159</b> 7 lessons

\*This is a parent-child class for age 6 months up to 3 years. Parent must enter the water and hold their child during the class. Child needs Youth Program Membership (\$70 per year) to participate; parent does not need membership.

**Adult lap swim: 11:00 a.m. to 12:00 p.m. Free to facility members, \$40 for Program Members. Must pre-register.**

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 making 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.