



# SUNDAY SWIM LESSONS

## Raritan Valley YMCA 2019 Spring/Summer at Rutgers 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 Rutgers Cook College Pool.

**Spring Session Dates (6 lessons):** May 5 (at NBTHS), May 12 (at NBTHS), June 2, June 9, June 16, June 23

**Summer Session Dates (7 lessons):** July 7, July 14, July 21, July 28, August 4, August 11, August 18

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

10:00 - 10:30am	10:00 - 10:45am	10:30 - 11:00am	10:45 - 11:30am	11:00 - 11:30am	11:00am-12:00pm	11:30am-12:00pm	11:30am-12:15pm	11:30am-12:30pm	12:00 - 12:30pm
Stage A/B* (Under Age 3)	Stage 4 (Age 5-12)	Stage 1 (Age 3-5)	Stage 4 (Age 5-12)	Stage 1 (Age 3-5)	Adult/teen lessons (Beginner/Intermediate swimmers up to Stage 5. Advanced teens/adults should register for Stage 6)	Stage 1 (Age 3-5)	Stage 4 (Age 5-12)	Stage 6 (All ages, kids to adult)	<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.
Stage 1 (Age 3-5)	Stage 5 (Age 5-12)	Stage 2 (Age 3-5)	Stage 5 (Age 5-12)	Stages 3 & 4 (Age 3-5)		Stages 2 & 3 (Age 5-12)			
Stage 2 (Age 3-5)		Stages 1 & 2 (Age 5-12)		Stages 1 & 2 (Age 5-12)					
Stages 1 & 2 (Age 5-12)		Stage 3 (Age 5-12)		Stage 3 (Age 5-12)	Adult lap swim**				
Stage 3 (Age 5-12)									
<b>\$78 (spring)</b>	<b>\$98 (spring)</b>	<b>\$78 (spring)</b>	<b>\$98 (spring)</b>	<b>\$78 (spring)</b>	<b>\$112 (spring)</b>	<b>\$78 (spring)</b>	<b>\$98 (spring)</b>	<b>\$112 (spring)</b>	<b>\$136 (spring)</b>
<b>\$91 (summer)</b>	<b>\$115 (summer)</b>	<b>\$91 (summer)</b>	<b>\$115 (summer)</b>	<b>\$91 (summer)</b>	<b>\$130 (summer)</b>	<b>\$91 (summer)</b>	<b>\$115 (summer)</b>	<b>\$130 (summer)</b>	<b>\$159 (summer)</b>

\*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.

\*\*Lap swim free to full facility YMCA members. (Must pre-register.) \$40 per person for program members. Coaching/instruction is not included.

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. Due to limited deck space at the Cook pool, parents are not permitted on the pool deck while the lesson is in progress. Parents may observe from the hallway windows directly adjacent to the pool.

- See Swim Level Selector guide for level descriptions. If you don't know your level, register for the lowest level you or your child may be eligible for. Child may be evaluated and moved 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.