



SWIM LESSONS: CRYSTAL SPRINGS



Raritan Valley YMCA Summer 2019 Lessons @ Crystal Springs. 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.

- Stages 1 through 3 will be separated by age as well as level. Groups will be separated into preschool (age 3 to 5) and school age (age 5 to 12). All ages are combined for Stages 4 and up.
- Each class is 30 minutes long, 6 lessons per session. (Except advanced classes: 1-hour classes, 8 classes per session.)
- YMCA membership required for non-East Brunswick residents. Non-member East Brunswick residents must sign Informed Consent and Release waiver.
- Classes are held Tuesday, Wednesday, Thursday. (Advanced classes have an additional day on Monday.) If canceled for inclement weather, make-up days may be scheduled for Mondays or Fridays.

Class descriptions of each swim level are listed on another page of this flyer.

All families taking swim lessons must exit the pool area after lessons and re-enter as Crystal Springs members or paid visitors.

Swimming is a lifelong skill, and learning to swim properly does not occur in 6 lessons. Each child progresses differently and repetition of skills is needed to develop swim strokes. Most swimmers require multiple sessions at the same level before moving up.

Session Dates	9:00 am - 9:30 am	9:30 am - 10:00 am	10:00 am - 10:30 am
Session 1: June 25 - July 3 (2 weeks, 5 lessons. Tu/W/Thu. No lesson Thursday, July 4th.)		Stages 1, 2, 3, & 4 for ages 3 to 12 \$65	Stages 1, 2, 3, & 4 for ages 3 to 12 \$65
Session 1: June 24 - July 3 (2 weeks, 7 lessons. M/Tu/W/Thu. No lesson Thursday, July 4th.)		Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 9:30 to 10:30 \$125	
Session 2: July 9-18 (2 weeks, 6 lessons. Tu/W/Thu.)	Stages 1, 2, & 3 for ages 3 to 12 \$78	Stages 1, 2, 3, & 4 for ages 3 to 12 \$78	Stages 1, 2, 3, & 4 for ages 3 to 12 \$78
Session 2: July 8-18 (2 weeks, 8 lessons. M/Tu/W/Thu.)		Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 9:30 to 10:30 \$145	
Session 3: July 23-Aug. 1 (2 weeks, 6 lessons. Tu/W/Thu.)	Stages 1, 2, & 3 for ages 3 to 12 \$78	Stages 1, 2, 3, & 4 for ages 3 to 12 \$78	Stages 1, 2, 3, & 4 for ages 3 to 12 \$78
Session 3: July 22-Aug. 1 (2 weeks, 8 lessons. M/Tu/W/Thu.)		Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 9:30 to 10:30 \$145	
Session 4: Aug. 6-15 (2 weeks, 6 lessons. Tu/W/Thu.)		Stages 1, 2, 3, & 4 for ages 3 to 12 \$78	Stages 1, 2, 3, & 4 for ages 3 to 12 \$78
Session 4: Aug. 5-15 (2 weeks, 8 lessons. M/Tu/W/Thu.)		Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 9:30 to 10:30 \$145	

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

Lesson location:

Crystal Springs Aquatic
380 Dunham's Corner Road
East Brunswick, NJ 08816

Register with:

Raritan Valley YMCA
144 Tices Lane
East Brunswick, NJ 08816
732-257-4114
RaritanValleyYMCA.org