



SUNDAY SWIM LESSONS

Raritan Valley YMCA 2022 Sunday Lessons
at North Brunswick High School



- Session 1 - Sundays, September 18th, 25th, October 2nd, 9th, 16th, 23rd.
 - **NO LESSONS ON SUNDAY, OCTOBER 30TH.**
- Session 2 - Sundays, November 6th, 13th, 20th, December 4th, 11th, 18th.
 - **NO LESSONS ON SUNDAY, NOVEMBER 27TH**

See next page for time slots for each class.

Refunds will only be issued if a participant withdraws at least 7 days prior to the start of class.

Lesson location: North Brunswick High School
98 Raider Road (off Rte 130)
North Brunswick, NJ 08902

Register at: Raritan Valley YMCA
144 Tices Lane, East Brunswick, NJ 08816
732-257-4114
raritanvalleymca.org

Stage 1-2, Age 3-5	\$78	\$78	\$78		Stage 1&2, Age 5-12	\$78	\$78	\$78
	10:00 to 10:30	10:30 to 11:00	11:00 to 11:30			10:00 to 10:30	10:30 to 11:00	11:00 to 11:30
Stage 3, Age 5-12	\$78	\$78	\$78					
	10:00 to 10:30	10:30 to 11:00	11:00 to 11:30					
Stage 4, Age 5-12	\$100	\$100		Stage 5, Age 5-12	\$114		Stage 6, Age 5 to adult	\$114
	10:00 to 10:45	10:45 to 11:30			11:00 to 12:00			10:00 to 11:00
Adults and teens	\$100			Small-group lessons	\$120			Students enrolled in small-group lessons will be placed in a class of appropriate level, with a maximum of 4 students per class.
	11:10 to 11:55				11:30 to 12:00			

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.

See [Swim Level Selector](#) guide for level descriptions. Swimming is a skill which requires repetition to perfect. Most swimmers will require multiple sessions at their current level before moving up.