



WEEKDAY MORNING SWIM LESSONS BY RARITAN VALLEY YMCA AT BROOKSIDE SWIM CLUB



Lessons will run in four 2-week sessions with 6 lessons per session. One session is 6 lessons over two weeks. Each week has 3 lessons: either Monday, Tuesday and Thursday, or Tuesday, Wednesday and Thursday, depending upon the week.

- **Session 1:** Monday, July 3rd; Wednesday, July 5th; Thursday, July 6th; Tuesday, July 11th; Wednesday, July 12th; Thursday, July 13th.
- **Session 2:** Tuesday, July 18th; Wednesday, July 19th; Thursday, July 20th; Tuesday, July 25th; Wednesday, July 26th; Thursday, July 27th.
- **Session 3:** Monday, July 31st; Wednesday, August 2nd; Thursday, August 3rd; Monday, August 7th; Wednesday, August 9th; Thursday, August 10th.
- **Session 4:** Monday, August 14th; Wednesday, August 16th; Thursday, August 17th; Monday, August 21st; Wednesday, August 23rd; Thursday, August 24th.

Please see the next page for lesson dates and time slots.

Membership (options starting at \$75 per year are required to register). Minor liability waiver and adult liability waiver must be signed. Refunds will only be issued if a participant withdraws at least 7 days prior to the start of class.

Lesson Location: Brookside Swim Club
41 Washington Ave (Behind the Milltown Municipal Building)
Milltown, NJ 08850

Lesson registration: Raritan Valley YMCA
144 Tices Lane, East Brunswick, NJ 08816
(732) 257-4114
raritanvalleyymca.org

Session Dates	11:00 AM – 11:30 AM	11:30 AM – 12:00 PM
Session 1: July 3 – July 13 (2 weeks, 6 lessons. 7/3, 7/5, 7/6, 7/11, 7/12, 7/13)	Stages 1, 2, 3 and 4 for ages 3 – 12. \$80	Stages 1, 2, 3 and 4 for ages 3 – 12. \$80
Session 1: July 3 – July 13 (2 weeks, 6 lessons. 7/3, 7/5, 7/6, 7/11, 7/12, 7/13)	Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 11:00 AM – 12:00 PM \$117	
Session 2: July 18 – July 27 (2 Weeks, 6 Lessons. 7/18, 7/19, 7/20, 7/25, 7/26, 7/27)	Stages 1, 2, 3 and 4 For ages 3 –12. \$80	Stages 1, 2, 3 and 4 For ages 3 –12. \$80
Session 2: July 18 – July 27 (2 Weeks, 6 Lessons. 7/18, 7/19, 7/20, 7/25, 7/26, 7/27)	Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 11:00AM – 12:00 PM \$117	
Session 3: July 31 – August 10 (2 Weeks, 6 Lessons. 7/31, 8/2, 8/3, 8/7, 8/9, 8/10)	Stages 1, 2, 3 and 4 for ages 3 – 12. \$80	Stages 1, 2, 3 and 4 for ages 3 – 12. \$80
Session 3: July 31 – August 10 (2 Weeks, 6 Lessons. 7/31, 8/2, 8/3, 8/7, 8/9, 8/10)	Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 11:00AM – 12:00 PM \$117	
Session 4: August 14 – August 24 (2 Weeks, 6 Lessons. 8/14, 8/16, 8/17, 8/21, 8/23, 8/24)	Stages 1, 2, 3 and 4 for ages 3 – 12. \$80	Stages 1, 2, 3 and 4 for ages 3 – 12. \$80
Session 4: August 14 – August 24 (2 Weeks, 6 Lessons. 8/14, 8/16, 8/17, 8/21, 8/23, 8/24)	Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 11:00AM – 12:00 PM \$117	

Stages 1 and 2 will be separated by age as well as level. Groups will be separated into preschool (ages 3-5) and school age (ages 5-12). All ages are combined for stages 3 & up.

Each class is 30 minutes long, except for advanced classes which are 1-hour. See Swim Lesson 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.

All 2023 YMCA weekday lesson dates at Brookside

Sun., July 2 No YMCA lessons at Brookside	Mon., July 3 Session 1, lesson 1	Tue. July 4 No YMCA lessons at Brookside	Wed., July 5 Session 1, lesson 2	Thu., July 6 Session 1, lesson 3	Fri., July 7 No YMCA lessons at Brookside	Sat., July 8 No YMCA lessons at Brookside
Sun., July 9 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., July 10 No YMCA lessons at Brookside	Tue. July 11 Session 1, lesson 4	Wed., July 12 Session 1, lesson 5	Thu., July 13 Session 1, lesson 6	Fri., July 14 No YMCA lessons at Brookside	Sat., July 15 No YMCA lessons at Brookside
Sun., July 16 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., July 17 No YMCA lessons at Brookside	Tue. July 18 Session 2, lesson 1	Wed., July 19 Session 2, lesson 2	Thu., July 20 Session 2, lesson 3	Fri., July 21 No YMCA lessons at Brookside	Sat., July 22 No YMCA lessons at Brookside
Sun., July 23 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., July 24 No YMCA lessons at Brookside	Tue. July 25 Session 2, lesson 4	Wed., July 26 Session 2, lesson 5	Thu., July 27 Session 2, lesson 6	Fri., July 28 No YMCA lessons at Brookside	Sat., July 29 No YMCA lessons at Brookside
Sun., July 30 No YMCA lessons at Brookside	Mon., July 31 Session 3, lesson 1	Tue. August 1 No YMCA lessons at Brookside	Wed., August 2 Session 3, lesson 2	Thu., August 3 Session 3, lesson 3	Fri., August 4 No YMCA lessons at Brookside	Sat., August 5 No YMCA lessons at Brookside
Sun., August 6 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., August 7 Session 3, lesson 4	Tue. August 8 No YMCA lessons at Brookside	Wed., August 9 Session 3, lesson 5	Thu., August 10 Session 3, lesson 6	Fri., August 11 No YMCA lessons at Brookside	Sat., August 12 No YMCA lessons at Brookside
Sun., August 13 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., August 14 Session 4, lesson 1	Tue. August 15 No YMCA lessons at Brookside	Wed., August 16 Session 4, lesson 2	Thu., August 17 Session 4, lesson 3	Fri., August 18 No YMCA lessons at Brookside	Sat., August 19 No YMCA lessons at Brookside
Sun., August 20 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., August 21 Session 4, lesson 4	Tue. August 22 No YMCA lessons at Brookside	Wed., August 23 Session 4, lesson 5	Thu., August 24 Session 4, lesson 6	Fri., August 25 No YMCA lessons at Brookside	Sat., August 26 No YMCA lessons at Brookside