



# SUNDAY SWIM LESSONS

Raritan Valley YMCA 2023 Sunday Lessons  
at North Brunswick High School



- Session 1 - Sundays, January 15th, 22nd, 29th, February 5th, 12th, 19th.
  - **NO LESSONS ON SUNDAY, FEBRUARY 26TH** (may be used as a snow day if necessary)
- Session 2 - Sundays, March 5th, 12th, 19th, 26nd, April 16th, 23rd, 30th
  - **NO LESSONS ON SUNDAY, APRIL 2ND & 9TH**

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

<b>Stage 1-2, Age 3-5</b>	Session 1 (6 lessons) <b>\$80</b>	Session 1 (6 lessons) <b>\$80</b>	Session 1 (6 lessons) <b>\$80</b>		<b>Stage 1&amp;2, Age 5-12</b>	Session 1 (6 lessons) <b>\$80</b>	Session 1 (6 lessons) <b>\$80</b>	Session 1 (6 lessons) <b>\$80</b>
	Session 2 (7 lessons) <b>\$93</b>	Session 2 (7 lessons) <b>\$93</b>	Session 2 (7 lessons) <b>\$93</b>			Session 2 (7 lessons) <b>\$93</b>	Session 2 (7 lessons) <b>\$93</b>	Session 2 (7 lessons) <b>\$93</b>
	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
<b>Stage 3, Age 5-12</b>	Session 1 (6 lessons) <b>\$80</b>	Session 1 (6 lessons) <b>\$80</b>	Session 1 (6 lessons) <b>\$80</b>			Session 1 (6 lessons) <b>\$80</b>	Session 1 (6 lessons) <b>\$80</b>	Session 1 (6 lessons) <b>\$80</b>
	Session 2 (7 lessons) <b>\$93</b>	Session 2 (7 lessons) <b>\$93</b>	Session 2 (7 lessons) <b>\$93</b>			Session 2 (7 lessons) <b>\$93</b>	Session 2 (7 lessons) <b>\$93</b>	
	10:00 to 10:30	10:30 to 11:00	11:00 to 11:30					
<b>Stage 4, Age 5-12</b>	Session 1 (6 lessons) <b>\$102</b>	Session 1 (6 lessons) <b>\$102</b>		<b>Stage 5, Age 5-12</b>	Session 1 (6 lessons) <b>\$117</b>		<b>Stage 6, Age 5 to adult</b>	Session 1 (6 lessons) <b>\$117</b>
	Session 2 (7 lessons) <b>\$120</b>	Session 2 (7 lessons) <b>\$120</b>			Session 2 (7 lessons) <b>\$136</b>			Session 2 (7 lessons) <b>\$136</b>
	10:00 to 10:45	10:45 to 11:30			11:00 to 12:00			10:00 to 11:00
<b>Adults and teens</b>	Session 1 (6 lessons) <b>\$102</b>			<b>Small-group lessons</b>	Session 1 (6 lessons) <b>\$123</b>		Students enrolled in small-group lessons will be placed in a class of appropriate level, with a maximum of 4 students per class.	
	Session 2 (7 lessons) <b>\$120</b>				Session 2 (7 lessons) <b>\$143</b>			
	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.