



SUNDAY SWIM LESSONS

Raritan Valley YMCA 2024 Fall 2 Sunday Lessons
at Rutgers Cook-Douglass Pool



Registration for the Fall 2 Session opens on October 18, 2024. For Ages 6 months to Adults.

Class Dates are as follows: November 3, 10, 17, 24, December 8, and 15th. Price has been discounted for 6 lessons.

NO CLASS ON DECEMBER 1st.

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: Cook/Douglass Recreation Center
50 Biel Road
New Brunswick, NJ 08901

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

All times are from 11am to 1pm.

Stage 1-2, Age 3-5	\$84 11:00 to 11:30	\$84 11:30 to 12:00	\$84 12:00 to 12:30		Stage 1&2, Age 5-12	\$84 11:00 to 11:30	\$84 11:30 to 12:00	\$84 12:00 to 12:30	
Stage 3, Age 5-12	\$84 11:00 to 11:30	\$84 11:30 to 12:00			Stage 4, Age 5-12	\$102 11:00 to 11:45	\$102 11:45 to 12:30		
Stage 5, Age 5-12	\$120 11:00 to 12:00			Stage 6, Age 5 to adult	\$120 12:00 to 1:00				
Parent- tot (Under age 3. Parent must enter the water with child.)	\$84 11:00 to 11:30		Adults and teens	\$102 12:10 to 12:55		Youth small- group lessons, Age 3-12	\$126 12:30 to 1:00		Students enrolled in small-group lessons will be placed in a class of appropriate level, with a maximum of 4 students per class.

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.