SUNDAY SWIM LESSONS

Raritan Valley YMCA 2024 Spring Sunday Lessons
at Rutgers Cook–Douglass Pool

- **Dates:** 10 Sundays, April 7th, 14th, 21st, 28th, May 5th, 19th, June 2nd, 9th, 16th, 23rd.
  - **NO LESSONS ON MAY 12TH, MAY 26TH.**

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
raritanvalleyymca.org

Prices are per 10-lesson session. All times are from 11am to 1pm.

Stage 1–2, Age 3–5	$136	$136	$136		Stage 1&2, Age 5–12	$136	$136	$136
	11:00 to 11:30	11:30 to 12:00	12:00 to 12:30			11:00 to 11:30	11:30 to 12:00	12:00 to 12:30

Stage 3, Age 5–12	$136	$136	$136		Stage 4, Age 5–12	$173	$173	$136 (30 minutes)
	11:00 to 11:30	11:30 to 12:00	12:00 to 12:30			11:00 to 11:45	11:45 to 12:30	12:30 to 1:00

Stage 5, Age 5–12	$198			Stage 6, Age 5 to adult	$198			
	12:00 to 1:00				11:00 to 12:00			

Parent–tot (Under age 3. Parent must enter the water with child.)	$136		Adults and teens	$173		Youth small–group lessons, Age 3–12	$209	Students enrolled in small-group lessons will be placed in a class of appropriate level, with a maximum of 4 students per class.
	11:00 to 11:30			12:10 to 12:55			12:30 to 1:00	

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.