



# SUNDAY SWIM LESSONS

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



- **Dates:** 7 Sessions Sundays, September 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>

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

Prices are per 7-lesson session. All times are from 11am to 1pm.

Stage 1-2, Age 3-5	\$98 11:00 to 11:30	\$98 11:30 to 12:00	\$98 12:00 to 12:30		Stage 1&2, Age 5-12	\$98 11:00 to 11:30	\$98 11:30 to 12:00	\$98 12:00 to 12:30
Stage 3, Age 5-12	\$98 11:00 to 11:30	\$98 11:30 to 12:00			Stage 4, Age 5-12	\$119 11:00 to 11:45	\$119 11:45 to 12:30	
Stage 5, Age 5-12	\$140 12:00 to 1:00			Stage 6, Age 5 to adult	\$140 11:00 to 12:00			
Parent-tot (Under age 3. Parent must enter the water with child.)	\$98 11:00 to 11:30		Adults and teens	\$119 12:10 to 12:55		Youth small-group lessons, Age 3-12	\$147 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.