



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
raritanvalleymca.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	\$173
	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	11:45 to 12:30
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.