



# SUNDAY SWIM LESSONS

**Raritan Valley YMCA 2024 Winter Sunday Lessons  
at North Brunswick High School**



- Eight lessons. Sundays, January 21, January 28, February 4, February 11, February 18, February 25, March 3, March 10.
  - **March 10 is intended to be the final lesson for this session. If there is a weather-related cancellation or any other cancellation, the session will be extended to March 17.**

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  
[raritanvalleyymca.org](http://raritanvalleyymca.org)

Prices are per 8-lesson session. Session dates are on the previous page.

Stage 1-2, Age 3-5	\$109	\$109	\$109		Stage 1&2, Age 5-12	\$109	\$109	\$109
	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
Stage 3, Age 5-12	\$109	\$109	\$109		Parent-child (6 months old, up to 3 years)	\$109		
	10:00 to 10:30	10:30 to 11:00	11:00 to 11:30			10:00 to 10:30		
Stage 4, Age 5-12	\$139	\$139		Stage 5, Age 5-12	\$159		Stage 6, Age 5 to adult	\$159
	10:00 to 10:45	10:45 to 11:30			11:00 to 12:00			10:00 to 11:00
Adults and teens	\$139				Small-group lessons  (Youths only: ages 3 to 12)	\$167		Students enrolled in small-group lessons will be placed in a class of appropriate level, with a maximum of 4 students per class.
	11:10 to 11:55					11:30 to 12:00		

**Swimmers with disabilities: 12:00pm to 12:30pm. \$167. All ages and all disabilities (cognitive, physical, or other) are eligible. However, note that this pool does not have a chair lift or ramp entry. The most accessible entry point is a stairway. Students must be able to enter the pool via this method, with assistance if needed.**

*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.