



# SUNDAY SWIM LESSONS

Raritan Valley YMCA 2025 Fall Sunday Lessons  
at Rutgers Cook-Douglass Pool



**For ages 6 months to adult.**

**Class Dates are:**

**Session 1:** September 14, 21, 28, October 5, 12, 19, 26.

**Session 2:** November 2, 9, 16, 23, December 7, 14, 21.

**NO CLASS ON NOVEMBER 30th.**

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

All prices are for one session of 7 lessons total.

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

**Free Special Needs Class: 12:30 to 1:00.** This class is reserved for swimmers needing extra attention due to needs relating to physical, neurological, or other issues. Free for students with qualifying special needs. Please call the YMCA when enrolling to ensure eligibility, and that we are aware of the student's particular needs and appropriateness to be served by our swim lesson program..

***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.