



SUNDAY SWIM LESSONS

Raritan Valley YMCA 2025 Sunday Lessons Session 1
at Rutgers Cook-Douglass Pool



Dates: 9 Sundays, January 12, January 19, January 26, February 2, February 9, February 16, February 23, March 2, March 9

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 9-lesson session. All times are from 11am to 1pm.

Stage 1-2, Age 3-5	\$126 11:00 to 11:30	\$126 11:30 to 12:00	\$126 12:00 to 12:30		Stage 1&2, Age 5-12	\$126 11:00 to 11:30	\$126 11:30 to 12:00	\$126 12:00 to 12:30
Stage 3, Age 5-12	\$126 11:00 to 11:30	\$126 11:30 to 12:00	\$126 12:00 to 12:30		Stage 4, Age 5-12	\$160 11:00 to 11:45	\$160 11:45 to 12:30	
Stage 5, Age 5-12	\$183 11:00 to 12:00		Stage 6, Age 5 to adult	\$183 12:00 to 1:00		Parent- tot (Under age 3. Parent must enter the water with child.)	\$126 11:00 to 11:30	
Adults and teens	\$160 12:10 to 12:55		Youth small- group lessons, Age 3-12	\$193 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.		Special Needs	\$193 12:30 to 1:00 (Please call the YMCA when enrolling to ensure 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.