



WEEKDAY MORNING SWIM LESSONS BY RARITAN VALLEY YMCA AT BROOKSIDE SWIM CLUB



Lessons will run in four 2-week sessions with 5 or 6 lessons per session. One session is 5 or 6 lessons over two weeks. Each week has 3 lessons: Monday, Wednesday and Thursday.

NO LESSONS ON WEDNESDAY, JULY 30TH.

- **Session 1:** Monday, June 30th; Wednesday, July 2nd; Thursday, July 3rd; Monday, July 7th; Wednesday, July 9th; Thursday, July 10th.
- **Session 2:** Monday, July 14th; Wednesday, July 16th; Thursday, July 17th; Monday, July 21st; Wednesday, July 23rd; Thursday, July 24th.
- **Session 3:** Monday, July 28th; Thursday, July 31st; Monday, August 4th; Wednesday, August 6th; Thursday, August 7th. **NO LESSONS ON WEDNESDAY, JULY 30TH**
- **Session 4:** Monday, August 11th; Wednesday, August 13th; Thursday, August 14th; Monday, August 18th; Wednesday, August 20th; Thursday, August 21st.

Please see the next page for lesson dates and time slots.

Membership (options starting at \$80 per year are required to register). Minor liability waiver and adult liability waiver must be signed. Refunds will only be issued if a participant withdraws at least 7 days prior to the start of class.

Lesson Location: Brookside Swim Club
41 Washington Ave (Behind the Milltown Municipal
Building) Milltown, NJ 08850

**Lesson registration: Raritan
Valley YMCA 144 Tices Lane,
East Brunswick, NJ 08816
(732) 257-4114
raritanvalleyymca.org**

Session Dates	11:00 AM – 11:30 AM	11:30 AM – 12:00 PM
Session 1: June 30 – July 10 (2 weeks, 6 lessons. 6/30, 7/2, 7/3 7/7, 7/9, 7/10)	Stages 1, 2, 3 & 4 for ages 3 – 12. \$84	Stages 1, 2, 3 & 4 for ages 3 – 12. \$84
Session 1: June 30 – July 10 (2 weeks, 6 lessons. 6/30, 7/2, 7/3, 7/7, 7/9, 7/10)	Stages 5 & 6 for ages 6 to 18 1 hour, 11:00 AM – 12:00 PM \$122	
Session 2: July 14 – July 24 (2 Weeks, 6 Lessons. 7/14, 7/16, 7/17, 7/21, 7/23, 7/24)	Stages 1, 2, 3 & 4 For ages 3 –12. \$84	Stages 1, 2, 3 & 4 For ages 3 –12. \$84
Session 2: July 14 – July 24 (2 Weeks, 6 Lessons. 7/14, 7/16, 7/17, 7/21, 7/23, 7/24)	Stages 5 & 6 for ages 6 to 18 1 hour, 11:00AM – 12:00 PM \$122	
Session 3: July 28 – August 7 (2 Weeks, 5 Lessons. 7/28, 7/31, 8/4, 8/6, 8/7)	Stages 1, 2, 3 & 4 for ages 3 – 12. \$70	Stages 1, 2, 3 & 4 for ages 3 – 12. \$70
Session 3: July 28 – August 7 (2 Weeks, 5 Lessons. 7/28, 7/31, 8/4, 8/6, 8/7)	Stages 5 & 6 for ages 6 to 18 1 hour, 11:00AM – 12:00 PM \$102	
Session 4: August 11 – August 21 (2 Weeks, 6 Lessons. 8/11, 8/13, 8/14, 8/18, 8/20, 8/21)	Stages 1, 2, 3 & 4 for ages 3 – 12. \$84	Stages 1, 2, 3 & 4 for ages 3 – 12. \$84
Session 4: August 11 – August 21 (2 Weeks, 6 Lessons. 8/11, 8/13, 8/14, 8/18, 8/20, 8/21)	Stages 5 & 6 for ages 6 to 18 1 hour, 11:00AM – 12:00 PM \$122	

Stages 1 and 2 will be separated by age as well as level. Groups will be separated into preschool (ages 3-5) and school age (ages 5-12). All ages are combined for stages 3 & up. Each class is 30 minutes long, except for advanced classes which are 1-hour. See Swim Lesson 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.

All 2025 YMCA **weekday morning** lesson dates at Brookside

Sun., June 29 No YMCA lessons at Brookside	Mon., June 30 Session 1, lesson 1	Tue., July 1 No YMCA lessons at Brookside	Wed., July 2 Session 1, lesson 2	Thu., July 3 Session 1, lesson 3	Fri., July 4 No YMCA lessons at Brookside	Sat., July 5 No YMCA lessons at Brookside
Sun., July 6 No YMCA lessons at Brookside	Mon., July 7 Session 1, lesson 4	Tue., July 8 No YMCA lessons at Brookside	Wed., July 9 Session 1, lesson 5	Thu., July 10 Session 1, lesson 6	Fri., July 11 No YMCA lessons at Brookside	Sat., July 12 No YMCA lessons at Brookside
Sun., July 13 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., July 14 Session 2, lesson 1	Tue., July 15 No YMCA lessons at Brookside	Wed., July 16 Session 2, lesson 2	Thu., July 17 Session 2, lesson 3	Fri., July 18 No YMCA lessons at Brookside	Sat., July 19 No YMCA lessons at Brookside
Sun., July 20 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., July 21 Session 2, lesson 4	Tue., July 22 No YMCA lessons at Brookside	Wed., July 23 Session 2, lesson 5	Thu., July 24 Session 2, lesson 6	Fri., July 25 No YMCA lessons at Brookside	Sat., July 26 No YMCA lessons at Brookside
Sun., July 27 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., July 28 Session 3, lesson 1	Tue., July 29 No YMCA lessons at Brookside	Wed., July 30 No morning lessons today!	Thu., July 31 Session 3, lesson 2	Fri., August 1 No YMCA lessons at Brookside	Sat., August 2 No YMCA lessons at Brookside
Sun., Aug. 3 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., Aug. 4 Session 3, lesson 3	Tue., Aug. 5 No YMCA lessons at Brookside	Wed., Aug. 6 Session 3, lesson 4	Thu., Aug. 7 Session 3, lesson 5	Fri., Aug. 8 No YMCA lessons at Brookside	Sat., Aug. 9 No YMCA lessons at Brookside
Sun., Aug. 10 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., Aug. 11 Session 4, lesson 1	Tue., Aug. 12 No YMCA lessons at Brookside	Wed., Aug. 13 Session 4, lesson 2	Thu., Aug. 14 Session 4, lesson 3	Fri., Aug. 15 No YMCA lessons at Brookside	Sat., Aug. 16 No YMCA lessons at Brookside
Sun., Aug. 17 Sunday lessons: see Sunday lesson flyer for Sunday information	Mon., Aug. 18 Session 4, lesson 4	Tue., Aug. 19 No YMCA lessons at Brookside	Wed., Aug. 20 Session 4, lesson 5	Thu., Aug. 21 Session 4, lesson 6	Fri., Aug. 22 No YMCA lessons at Brookside	Sat., Aug. 23 No YMCA lessons at Brookside