



# SUNDAY SWIM LESSONS

Raritan Valley YMCA 2026 Sunday Spring Session  
at Rutgers Cook-Douglass Pool



## Dates:

Sundays, May 3, 10, 31 June 7, 14, 21, 28

**NO LESSONS ON MAY 17, 24**

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

Stage 1-2, Age 3-5	\$105	\$105	\$105		Stage 1&2, Age 5-12	\$105	\$105	\$105
	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	\$105	\$105	\$105		Stage 4, Age 5-12	\$133	\$133	
	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	\$151		Stage 6, Age 5 to adult	\$151	Special Needs	12:00 to 12:30	Free for eligible students, call the YMCA for details	
	11:00 to 12:00			12:00 to 1:00		12:30 to 1:00		
Parent- tot (Under age 3. Parent must enter the water with child.)	\$105		Adults and teens	\$133	Youth small- group lessons, Age 3-12	\$161	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.