



SUNDAY SWIM LESSONS

Raritan Valley YMCA 2026 Sunday Lessons Sessions 1 & 2
at Rutgers Cook-Douglass Pool



Dates:

Session 1: Sundays, January 11, January 18, January 25, February 1, February 8, February 15, February 22

Session 2: Sundays, March 1, March 8, March 15, March 22, April 12, April 19 – **NO LESSONS ON MARCH 29, APRIL 5**

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

Session 1 prices are per 7-lesson session. Session 2 prices are per 6-lesson session. All times are from 11am to 1pm.

Stage 1-2, Age 3-5	S1 - \$105 S2 - \$90	S1 - \$105 S2 - \$90	S1 - \$105 S2 - \$90		Stage 1&2, Age 5-12	S1 - \$105 S2 - \$90	S1 - \$105 S2 - \$90	S1 - \$105 S2 - \$90
	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	S1 - \$105 S2 - \$90	S1 - \$105 S2 - \$90	S1 - \$105 S2 - \$90		Stage 4, Age 5-12	S1 - \$133 S2 - \$114	S1 - \$133 S2 - \$114	
	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	S1 - \$151 S2 - \$130		Stage 6, Age 5 to adult	S1 - \$151 S2 - \$130		Special Needs	12:00 to 12:30	Free for eligible students, call the YMCA for details
	12:00 to 1:00			11:00 to 12:00			12:30 to 1:00	
Parent- tot (Under age 3. Parent must enter the water with child.)	S1 - \$105 S2 - 90		Adults and teens	S1 - \$133 S2 - \$114		Youth small- group lessons, Age 3-12	S1 - \$161 S2 - \$138	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.