



## 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 29TH.**

- **Session 1:** Monday, June 29th; Wednesday, July 1st; Thursday, July 2nd; Monday, July 6th; Wednesday, July 8th; Thursday, July 9th.
- **Session 2:** Monday, July 13th; Wednesday, July 15th; Thursday, July 16th; Monday, July 20th; Wednesday, July 22nd; Thursday, July 23rd.
- **Session 3:** Monday, July 27th; Thursday, July 30th; Monday, August 3rd; Wednesday, August 5th; Thursday, August 6th. **NO LESSONS ON WEDNESDAY, JULY 29TH**
- **Session 4:** Monday, August 10th; Wednesday, August 12th; Thursday, August 13th; Monday, August 17th; Wednesday, August 19th; Thursday, August 20th.

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
<b>Session 1:</b> <b>June 29 – July 9</b> (2 weeks, 6 lessons. 6/29, 7/1, 7/2 7/6, 7/8, 7/9)	Stages 1, 2, 3 & 4 for ages 3 – 12. <b>\$90</b>	Stages 1, 2, 3 & 4 for ages 3 – 12. <b>\$90</b>
<b>Session 1:</b> <b>June 29 – July 9</b> (2 weeks, 6 lessons. 6/29, 7/1, 7/2 7/6, 7/8, 7/9)	Stages 5 & 6 for ages 6 to 18 1 hour, 11:00 AM – 12:00 PM <b>\$130</b>	
<b>Session 2:</b> <b>July 13 – July 23</b> (2 Weeks, 6 Lessons. 7/13, 7/15, 7/16, 7/20, 7/22, 7/23)	Stages 1, 2, 3 & 4 For ages 3 –12. <b>\$90</b>	Stages 1, 2, 3 & 4 For ages 3 –12. <b>\$90</b>
<b>Session 2:</b> <b>July 13 – July 23</b> (2 Weeks, 6 Lessons. 7/13, 7/15, 7/16, 7/20, 7/22, 7/23)	Stages 5 & 6 for ages 6 to 18 1 hour, 11:00AM – 12:00 PM <b>\$130</b>	
<b>Session 3:</b> <b>July 27 – August 6</b> (2 Weeks, 5 Lessons. 7/27, 7/30, 8/3, 8/5, 8/6)	Stages 1, 2, 3 & 4 for ages 3 – 12. <b>\$75</b>	Stages 1, 2, 3 & 4 for ages 3 – 12. <b>\$75</b>
<b>Session 3:</b> <b>July 27 – August 6</b> (2 Weeks, 5 Lessons. 7/27, 7/30, 8/3, 8/5, 8/6)	Stages 5 & 6 for ages 6 to 18 1 hour, 11:00AM – 12:00 PM <b>\$109</b>	
<b>Session 4:</b> <b>August 10 – August 20</b> (2 Weeks, 6 Lessons. 8/10, 8/12, 8/13, 8/17, 8/19, 8/20)	Stages 1, 2, 3 & 4 for ages 3 – 12. <b>\$90</b>	Stages 1, 2, 3 & 4 for ages 3 – 12. <b>\$90</b>
<b>Session 4:</b> <b>August 10 – August 20</b> (2 Weeks, 6 Lessons. 8/10, 8/12, 8/13, 8/17, 8/19, 8/20)	Stages 5 & 6 for ages 6 to 18 1 hour, 11:00AM – 12:00 PM <b>\$130</b>	

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 2026 YMCA **weekday morning** lesson dates at Brookside

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