



# SUNDAY SWIM LESSONS

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



**Dates:** 10 Sundays, April 6, April 13, April 27, May 4, May 11,  
June 1, June 8, June 15, June 22, June 29

**Note NO lessons on these dates: April 20, May 18, May 25**

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

Stage 1-2, Age 3-5	\$140 11:00 to 11:30	\$140 11:30 to 12:00	\$140 12:00 to 12:30		Stage 1&2, Age 5-12	\$140 11:00 to 11:30	\$140 11:30 to 12:00	\$140 12:00 to 12:30
Stage 3, Age 5-12	\$140 11:00 to 11:30	\$140 11:30 to 12:00	\$140 12:00 to 12:30		Stage 4, Age 5-12	\$177 11:00 to 11:45	\$177 11:45 to 12:30	
Stage 5, Age 5-12	\$203 11:00 to 12:00		Stage 6, Age 5 to adult	\$203 12:00 to 1:00		Parent- tot (Under age 3. Parent must enter the water with child.)	\$140 11:00 to 11:30	
Adults and teens	\$177 12:10 to 12:55		Youth small- group lessons, Age 3-12	\$214 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	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. Free for swimmers determined to have eligible needs.)

***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.