

# WYCKOFF FAMILY YMCA

## Summer 2010 Swim Lessons @ the Indoor Pool

All children (ages 4 years and older) must be evaluated for the proper swim level to participate in the instructional swim program. Swim evaluations will be held on the following dates: Tues 6/1 from 6-7pm, Wed, 6/2 from 6-7pm, & Sat, 6/5 from 1-2pm. No evaluation is required for 3 year olds; all 3 year olds should register for the Little Pike class; **must be 3 years old at start of swim session.** Please contact the Aquatics Department at 201-891-2081 if you have any questions about our instructional swim program.

### IN-PERSON Registration Dates

Full Family Members – Mon, June 7<sup>th</sup> @ 6pm  
 Basic Members (Currently enrolled in Swim Session IV) - Wed, June 9<sup>th</sup> @ 6pm  
 Basic Members (New to the swim program) – Thurs, June 10<sup>th</sup> @ 6pm

*During the summer program, a child's swimming skills can improve quickly. Therefore, registration for group lessons will be limited to 2 sessions at a time.*

### GROUP SWIM LESSONS

(Group instruction for children ages 3 & up)

**(8 Lessons over 2 weeks)**

**(Lessons will meet Monday, Tuesday, Wednesday, & Thursday during the 2-week session.)**

Session I (6/28-7/8)\*                      Session III (7/26-8/5)  
 Session II (7/12-7/22)                      Session IV (8/9-8/19)

\*(NO Lessons on Mon, July 5<sup>th</sup> – Session I is pro-rated for 7 lessons)

### Group Lesson Rates

Family Member - \$95/per session      Basic Member - \$115/per session  
 (1 hour classes are \$125-Family Members & \$145-Basic Members)

Time	Schedule for Morning Group Classes				
<b>9:30</b>	Little Pike	Pike	Ray	Starfish	Polliwog
<b>10:00</b>	Pike	Eel	Ray	Guppy	Minnow
<b>10:30</b>	Little Pike	Pike	Eel	Starfish	Polliwog

Time	Schedule for Afternoon Group Classes					
<b>4:00</b>	Little Pike	Eel	Polliwog	Minnow	Fish	Swim Clinic <small>(1-hour class in Boye pool)</small>
<b>4:30</b>	Pike	Ray	Starfish	Polliwog	Guppy	
<b>5:00</b>	Little Pike	Pike	Eel	Minnow	Fish	Flying Fish <small>(1-hour class in Boye pool)</small>
<b>5:30</b>	Little Pike	Pike	Ray	Polliwog	Guppy	

**PLEASE NOTE THAT NO MAKE-UPS ARE AVAILABLE IN THE SUMMER  
 DUE TO THE CONDENSED SCHEDULE**

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## **PARENT/BABY SWIM PROGRAM FOR CHILDREN UNDER THE AGE OF 3**

(parent participation is required)

Children ages 6mos to 36mos can enjoy a group swim class with their parents.

Parent and child enjoy water movement and play accompanied by songs.

Acclimate children to basic swimming positions.

Two Swim Sessions for parent and child will meet on Friday mornings for 4 weeks.

Shrimp/Inia (6mos-18mos old) – 10:30am & Perch (19mos-36mos old) – 10am

Parent/Baby Swim Session I (7/2, 7/9, 7/16, & 7/23)

Parent/Baby Swim Session II (7/30, 8/6, 8/13, & 8/20)

### **Parent/Baby Swim Program Rates**

Family Member - \$50/per session      Basic Member - \$60/per session

## **SWIM CONDITIONING FOR TEENS (10-15yrs old)**

A great class for experienced swimmers to maintain their swimming skills.

Must have knowledge of all four strokes.

Workout in the pool twice a week (Tuesdays & Thursdays) from 6-7pm.

**Approval from the Aquatics Dept. is required for registration.**

Swim Conditioning Session I (6/29, 7/1, 7/6, 7/8, 7/13, 7/15, 7/20, & 7/22)

Swim Conditioning Session II (7/27, 7/29, 8/3, 8/5, 8/10, 8/12, 8/17, & 8/19)

### **Swim Conditioning Rates**

Family Member - \$130/per session      Basic Member - \$150/per session

## **PRIVATE & SEMI-PRIVATE LESSONS**

(Available for children ages 4 – 16 years)

(4 Lessons - 30 minutes lessons are held Monday through Thursday)

**Summer Blast-Off Sessions** (6/14- 6/17 & 6/21- 6/24)

Time Slots Available: 9am, 9:30, 10, 10:30, 1pm, 1:30, 2, 2:30, 3:30, 4, 4:30, 5, & 5:30

### **Private or Semi-Private Swim Sessions**

Time Slots Available: 1:30pm, 2, 2:30, 3, & 3:30

Session I (6/28-7/1)      Session V (7/26-7/29)

\*\* Session II (7/6-7/8)      Session VI (8/2-8/5)

Session III (7/12-7/15)      Session VII (8/9-8/12)

Session IV (7/19-7/22)      Session VIII (8/16-8/19)

\*\***(NO Lessons on Mon, July 5<sup>th</sup> – Session II is pro-rated for 3 lessons)**

### **Final Summer Session** (8/23-8/26)

Time Slots Available: 9:30pm, 10 & 10:30

### **Private Lesson Rates**

Family Member - \$165/per session      Basic Member - \$185/per session

### **Semi-Private Lesson Rates**

Family Member - \$235/per session      Basic Member - \$255/per session