

# FALL SESSION 2 SWIMMING LESSONS

NOV 11-DEC 13 | REGISTRATION BEGINS NOV 4 | NO CLASSES NOV 28

CHOOSE LEVEL BY AGE & ABILITY

NOTE: A minimum of 3 students per class is required to run each class. Levels may be combined in order to reach that minimum.

## AGES 6-36 MONTHS: PARENT & CHILD (PC)

**PC A** —Water Discovery (6-18 Months)  
**PC B** —Water Exploration (19-36 Months)  
 The youngster must be accompanied in the pool by an adult on their same YMCA Family Membership account.

WED	PC A&B	10:00am-10:30am	\$25
SAT*	PC A&B	10:00am-10:30am	\$25
	PC A&B	10:30am-11:00am	\$25
SUN*	PC A&B	10:00am-10:30am	\$25
	PC A&B	10:30am-11:00am	\$25

## AGES 3-5: PRESCHOOL CHILDREN (PS)

**PS 1** —Water Acclimation (Non-swimmer w/4 Bubble)  
**PS 2** —Water Movement (Non-swimmer w/2 or 4 Bubble)  
**PS 3** —Water Stamina ("Doggie Paddler" w/2 or No Bubble)  
**PS 4** —Stroke Introduction (Independent Swimmer - No Bubble)

MON	PS 1,2	4:00pm-4:30pm	\$65
	PS 2, 3/4	4:30pm-5:00pm	\$65
	PS 1, 2	5:45pm-6:15pm	\$65
TUES	PS 2, 3/4	5:30pm-6:00pm	\$65
THUR*	PS 1,3/4	4:00pm-4:30pm	\$52
	PS 1,2	4:30pm-5:00pm	\$52
SAT*	PS 1,2	10:00am-10:30am	\$52
	PS 2,3/4	10:30am-11:00am	\$52
SUN*	PS 1,3/4	10:00am-10:30am	\$52
	PS 1,2	10:30am-11:00am	\$52

## AGES 6-12: SCHOOL AGED CHILDREN (SA)

**SA 1**—Water Acclimation (Non-Swimmer)  
**SA 2**—Water Movement ("Doggie Paddler")  
**SA 3**—Water Stamina (Deep Water Swimmer)  
**SA 4**—Stroke Introduction  
**SA 5**—Stroke Development=Barracudas in Training (BIT)  
**SA 6**—Stroke Mechanics=Barracudas in Training (BIT)  
 BIT is a non-competitive training program that helps young swimmers build endurance and improve stroke technique. Students are encouraged to register for multiple classes. There is no commitment to the swim team in BIT but swimmers will be encouraged to join the YMCA Barracudas when ready.

MON	SA 2,3	5:00pm-5:45pm	\$65
TUES	SA 1,2	4:00pm-4:45pm	\$65
	SA 3,4	4:45pm-5:30pm	\$65
	SA 5,6 = Barracudas In Training	5:00pm-6:00pm	\$65
WED	SA 1,2	4:00pm-4:45pm	\$65
	SA 3,4	4:45pm-5:30pm	\$65
	SA 1,2	5:30pm-6:15pm	\$65
THUR*	SA 5,6 = Barracudas In Training	4:00pm-5:00pm	\$52
	SA 1,4	5:00pm-5:45pm	\$52
SAT*	SA 1,2,3	11:15am-12:00pm	\$52
	SA 3,4	12:00pm-12:45pm	\$52
SUN*	SA 1,2,4	11:00am-11:45am	\$52
	SA 2,3	11:45am-12:30pm	\$52

## AGES 13+: TEENS (13-17) & ADULTS (18+)

T/A=TEENS & ADULTS COMBINED

T/A 1—Beginner | T/A 2—Intermediate | T/A 3—Advanced

TUES	T/A 1	10:00am-10:45am	\$65
THUR*	T/A 1,2,3	5:45pm-6:30pm	\$52
SAT*	T/A 1	12:00pm-12:45pm	\$52
SUN*	T/A 2	11:45am-12:30pm	\$52

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

Available to ages 3 and older. | Lessons are 30 minutes each.

	PRIVATE	SEMI-PRIVATE	ADAPTIVE
1 Lesson	\$50	\$32	\$30
4 Lessons	\$180	\$102	\$100
6 Lessons	\$260	\$152	\$150
8 Lessons	\$340	\$202	\$200

### TO ARRANGE PRIVATE OR SEMI-PRIVATE LESSONS:

1. Complete a private/semi private swim lessons form found on our website at [middletownymca.org/aquatics](http://middletownymca.org/aquatics).
2. Email forms to [middletownaquatics@middletownymca.org](mailto:middletownaquatics@middletownymca.org) or drop forms off at the Y. A representative of our aquatics staff team will call you to schedule your first lesson.
3. Lessons must be paid for at the front desk upon arrival.

### ADAPTIVE PRIVATE LESSONS - IEP REQUIRED

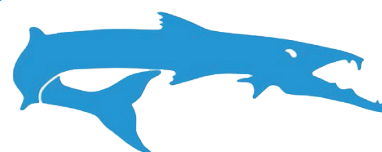
FOR MORE INFORMATION CONTACT THE AQUATICS DEPARTMENT OR VISIT OUR WEBSITE.  
 (P) 845 956 1549 (E) [middletownaquatics@middletownymca.org](mailto:middletownaquatics@middletownymca.org)  
**WWW.MIDDLETOWNYMCA.ORG/AQUATICS**

## AMERICAN RED CROSS LIFEGUARD TRAINING & CPR

Classes are available at our Middletown and Monroe locations.



[WWW.MIDDLETOWNYMCA.ORG/AMERICAN-RED-CROSS-COURSES](http://WWW.MIDDLETOWNYMCA.ORG/AMERICAN-RED-CROSS-COURSES)



**BARRACUDAS SWIM TEAM**

AGES 6-18

Contact Amy Phelps for details:

(P) 845 480 1626 (E) [barracudas@middletownymca.org](mailto:barracudas@middletownymca.org)

Notes: Swimmers must be able to swim at the PS4 or SA5/6 levels in order to tryout. Practices are held at the Minisink High School pool.

## WE'RE HIRING LIFEGUARDS & SWIM INSTRUCTORS



Training is available.

To apply contact the aquatics department at [middletownaquatics@middletownymca.org](mailto:middletownaquatics@middletownymca.org) or visit

[WWW.MIDDLETOWNYMCA.ORG/JOBS](http://WWW.MIDDLETOWNYMCA.ORG/JOBS)