

NEWMAN YMCA SWIM LESSONS

Members \$68 Community \$118

Level	Monday	Tuesday	Thursday	Friday	Saturday
WATER DISCOVERY (AGE 6 MONTHS TO 2 YEARS) 30 MINUTES					9:00-9:30
WATER EXPLORATION (AGE 6 MONTHS TO 2 YEARS) 30 MINUTES					9:00-9:30
PRESCHOOL-WATER ACCLIMATION 30 MINUTES	10:35-11:05	4:00-4:30	5:30-6:00	5:30-6:00	9:30-10:00
PRESCHOOL-WATER MOVEMENT 30 MINUTES	11:10-11:40	5:00-5:30 5:30-6:00	5:00-5:30	5:00-5:30	9:30-10:00
PRESCHOOL-WATER STAMINA 30 MINUTES		4:30-5:00	4:30-5:00	4:30-5:00	9:00-9:30
PRESCHOOL-STROKE INTRODUCTION 30 MINUTES			4:00-4:30	4:00-4:30	9:30-10:00
YOUTH-WATER MOVEMENT 45 MINUTES		4:00-4:45 5:15-6:00	4:00-4:45 5:15-6:00	4:00-4:45 5:15-6:00	10:00-10:45 11:00-11:45
YOUTH-WATER STAMINA 45 MINUTES		5:15-6:00	4:00-4:45	4:00-4:45	
YOUTH -STROKE INTRODUCTION 45 MINUTES		5:15-6:00	4:00-4:45	4:00-4:45	10:00-10:45
YOUTH-STROKE DEVELOPMENT 45 MINUTES			5:00-5:45	5:00-5:45	9:00-9:45
YOUTH-STROKE MECHANICS 45 MINUTES			4:00-4:45	4:00-4:45	10:00-10:45
ADULT SWIM LESSONS 45 MINUTES					8:15-9:00