



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS, CONFIDENT KIDS

Swim Lessons

CITRUS MEMORIAL HEALTH FOUNDATION YMCA

Important reminders

- Please meet your instructor on the pool deck at least 5 minutes before every class.
- For your child to get the most out of his or her class, we recommend NO SWIMMING before class begins.
- All spectators must watch from lounge chairs on the side of the pool deck.
- If you have questions, please find the deck manager during classes or wait to speak to your instructor after class.
- At least three participants must register for a class for it to take place.
- Please inform the instructor of any special needs or considerations so that we may serve your child to the best of our ability.
- A mid-session report will be given halfway through the session to show your child's progress.
- Certificates of achievement will be given to each child the last day of class, unless requested earlier.

Cancellation and make-up policy

Classes can be canceled due to weather or chemical issues at any moment. If this occurs we will contact you at least 20-30 minutes before your class start time. Please make sure you provide us your BEST contact number. If you do not receive a phone call from the YMCA, classes are still on.

Classes canceled by the YMCA will be made up the week after the last scheduled class at the same time and day.

While efforts will be made to make up all classes, we will not make up the make up classes if time does not permit before the next session.

Pool Rules

- Please walk — do not run on the pool deck.
- No diving in shallow end. Feet-first entries only.
- For health reasons, please do not drink the pool water.
- Children with shoulder-length hair must tie it up.
- Inflatable swim aids are not permitted (i.e., water wings or rafts)
- Please do not hang on the staircase or lane lines.
- Children younger than 14 must complete a swim test and children 9 and younger must be with a parent at all times.
- Proper swim attire is required.
- Please shower before entering the pool.
- Children not yet potty-trained are required to wear a swim diaper under their swimsuits.

CITRUS YMCA 2017 SWIM LESSONS SCHEDULE

» Please check with the Welcome Center for registration dates and prices. » Register at ymcasuncoast.org/swimming

Level	Days	Time
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SAFETY AROUND WATER WEEK

July 31-Aug. 4 — FREE swim lessons!

Preschool	M-F	5:40 p.m.
School Age	M-F	6:20 p.m.
School Age	M-F	7 p.m.

FALL SESSIONS

Aug. 7-31 (4 weeks)

Parent/Child	M/W	5:30 p.m.
Preschool Stages 1-3	M/W	5:30 p.m.
School Age Stages 1-3	M/W	6:30 p.m.
Stroke Intro	M/W	7:15 p.m.
Stroke Development	M/W	7:15 p.m.
Stroke Mechanics	M/W	7:15 p.m.
Parent/Child	T/Th	9 a.m.
Preschool Stages 1-3	T/Th	9 a.m.

Aug. 19-Oct. 7 (8 Saturdays)

Parent/Child	Sat	9 a.m.
Preschool Stages 1-3	Sat	10 a.m.
School Age Stages 1-3	Sat	11 a.m.

Level	Days	Time
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Sept. 11-Oct. 5 (4 weeks)

Parent/Child	M/W	5:30 p.m.
Preschool Stages 1-3	M/W	5:30 p.m.
School Age Stages 1-3	M/W	6:30 p.m.
Stroke Intro	M/W	7:15 p.m.
Stroke Development	M/W	7:15 p.m.
Stroke Mechanics	M/W	7:15 p.m.
Parent/Child	T/Th	9 a.m.
Preschool Stages 1-3	T/Th	9 a.m.

Oct. 16-Nov. 9 (4 weeks)

Parent/Child	M/W	5:30 p.m.
Preschool Stages 1-3	M/W	5:30 p.m.
Adult	M/W	6:30 p.m.
School Age Stages 1-3	M/W	6:30 p.m.
Stroke Intro	M/W	7:15 p.m.
Stroke Development	M/W	7:15 p.m.
Stroke Mechanics	M/W	7:15 p.m.
Parent/Child	T/Th	9 a.m.
Preschool Stages 1-3	T/Th	9 a.m.

Level	Days	Time
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Oct. 28-Dec. 16 (8 Saturdays)

Parent/Child	Sat	9 a.m.
Preschool Stages 1-3	Sat	10 a.m.
School Age Stages 1-3	Sat	11 a.m.

Nov. 27-Dec. 21 (4 weeks)

Parent/Child	M/W	5:30 p.m.
Preschool Stages 1-3	M/W	5:30 p.m.
Adult	M/W	6:30 p.m.
School Age Stages 1-3	M/W	6:30 p.m.
Stroke Intro	M/W	7:15 p.m.
Stroke Development	M/W	7:15 p.m.
Stroke Mechanics	M/W	7:15 p.m.
Parent/Child	T/Th	9 a.m.
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