



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS, CONFIDENT KIDS

## Swim Lessons JAMES P. GILLS FAMILY YMCA

### Important reminders

- Please meet your instructor in the designated swim lesson meeting area located on our pool deck.
- 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 the swim lesson meeting area.
- 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. Please make sure you provide us your BEST contact number. Classes canceled by the YMCA will be made up Friday of that week. 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.

# JAMES P. GILLS FAMILY YMCA 2017 SWIM LESSONS

» Please check with the Welcome Center for registration dates and prices.

Level	Days	Time
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## SPRING LESSONS

### March 27–April 21 (4 weeks)

Preschool Stages 1–3	M/W	9:30 a.m.
Preschool Stages 1–3	M/W	10:20 a.m.
School Age Stages 1–3	T/Th	5:20 p.m.
Preschool Stages 1–3	T/Th	6:10 p.m.
Stroke Development	T/Th	7 p.m.
Stroke Intro	T/Th	7 p.m.

### April 8–May 13 (6 Saturdays)

Preschool Stages 1–3	Sat	8:30 a.m.
Adult Stages 1–3	Sat	9:20 a.m.
Parent/Child	Sat	9:20 a.m.
School Age Stages 1–3	Sat	10:10 a.m.
Preschool Stages 1–3	Sat	11 a.m.

## SAFETY AROUND WATER WEEK

### April 24–28 — FREE swim lessons!

### May 1–May 25 (4 weeks)

Preschool Stages 1–3	M/W	9:30 a.m.
Preschool Stages 1–3	M/W	10:20 a.m.
School Age Stages 1–3	T/Th	5:20 p.m.
Preschool Stages 1–3	T/Th	6:10 p.m.
Stroke Development	T/Th	7 p.m.
Stroke intro	T/Th	7 p.m.

### May 20–June 24 (6 Saturdays)

Preschool Stages 1–3	Sat	8:30 a.m.
Adult Stages 1–3	Sat	9:20 a.m.
Parent/Child	Sat	9:20 a.m.
School Age Stages 1–3	Sat	10:10 a.m.
Preschool Stages 1–3	Sat	11 a.m.

## SAFETY AROUND WATER WEEK

### May 29–June 2 — FREE swim lessons!

## SUMMER LESSONS

### June 5–29 (4 weeks)

Preschool Stages 1–3	M/W	4:30 p.m.
School Age Stages 1–3	M/W	5:20 p.m.
Stroke Development	M/W	6:10 p.m.
Stroke Intro	M/W	6:10 p.m.
School Age Stages 1–3	T/Th	5:20 p.m.
Preschool Stages 1–3	T/Th	6:10 p.m.
Stroke Development	T/Th	7 p.m.
Stroke Intro	T/Th	7 p.m.

### June 5–15 (2 weeks)

Preschool Stages 1–3	M–Th	9:30 a.m.
School Age Stages 1–3	M–Th	10:20 a.m.
Preschool Stages 1–3	M–Th	11:10 a.m.

### June 19–29 (2 weeks)

Preschool Stages 1–3	M–Th	9:30 a.m.
School Age Stages 1–3	M–Th	10:20 a.m.
Preschool Stages 1–3	M–Th	11:10 a.m.

Level	Days	Time
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### July 1 – Aug. 5 (6 Saturdays)

Preschool Stages 1–3	Sat	8:30 a.m.
Adult Stages 1–3	Sat	9:20 a.m.
Parent/Child	Sat	9:20 a.m.
School Age Stages 1–3	Sat	10:10 a.m.
Preschool Stages 1–3	Sat	11 a.m.

### July 3–27 (4 weeks) No class July 4

Preschool Stages 1–3	M/W	4:30 p.m.
School Age Stages 1–3	M/W	5:20 p.m.
Stroke Development	M/W	6:10 p.m.
Stroke Intro	M/W	6:10 p.m.
School Age Stages 1–3	T/Th	5:20 p.m.
Preschool Stages 1–3	T/Th	6:10 p.m.
Stroke Development	T/Th	7 p.m.
Stroke Intro	T/Th	7 p.m.

### July 3–13 (2 weeks) No class July 4

Preschool Stages 1–3	M–Th	9:30 a.m.
School Age Stages 1–3	M–Th	10:20 a.m.
Preschool Stages 1–3	M–Th	11:10 a.m.

### July 17–27 (2 weeks)

Preschool Stages 1–3	M–Th	9:30 a.m.
School Age Stages 1–3	M–Th	10:20 a.m.
Preschool Stages 1–3	M–Th	11:10 a.m.

### July 31–Aug. 24 (4 weeks)

Preschool Stages 1–3	M/W	4:30 p.m.
School Age Stages 1–3	M/W	5:20 p.m.
Stroke Development	M/W	6:10 p.m.
Stroke Intro	M/W	6:10 p.m.
School Age Stages 1–3	T/Th	5:20 p.m.
Preschool Stages 1–3	T/Th	6:10 p.m.
Stroke Development	T/Th	7 p.m.
Stroke Intro	T/Th	7 p.m.

Level	Days	Time
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### Aug. 12–16 (6 Saturdays)

Preschool Stages 1–3	Sat	8:30 a.m.
Adult Stages 1–3	Sat	9:20 a.m.
Parent/Child	Sat	9:20 a.m.
School Age Stages 1–3	Sat	10:10 a.m.
Preschool Stages 1–3	Sat	11 a.m.

### Aug. 28–Sept. 21 (4 weeks)

Preschool Stages 1–3	M/W	9:30 a.m.
Preschool Stages 1–3	M/W	10:20 a.m.
School Age Stages 1–3	T/Th	5:20 p.m.
Preschool Stages 1–3	T/Th	6:10 p.m.
Stroke Development	T/Th	7 p.m.
Stroke Intro	T/Th	7 p.m.

## FALL LESSONS

### Sept. 25–Oct. 19 (4 weeks)

Preschool Stages 1–3	M/W	9:30 a.m.
Preschool Stages 1–3	M/W	10:20 a.m.
School Age Stages 1–3	T/Th	5:20 p.m.
Preschool Stages 1–3	T/Th	6:10 p.m.
Stroke Development	T/Th	7 p.m.
Stroke Intro	T/Th	7 p.m.

### Oct. 23–Nov. 16 (4 weeks)

Preschool Stages 1–3	M/W	9:30 a.m.
Preschool Stages 1–3	M/W	10:20 a.m.
School Age Stages 1–3	T/Th	5:20 p.m.
Preschool Stages 1–3	T/Th	6:10 p.m.
Stroke Development	T/Th	7 p.m.
Stroke Intro	T/Th	7 p.m.

### Sept. 23–Oct. 28 (6 Saturdays)

Preschool Stages 1–3	Sat	8:30 a.m.
Adult Stages 1–3	Sat	9:20 a.m.
Parent/Child	Sat	9:20 a.m.
School Age Stages 1–3	Sat	10:10 a.m.
Preschool Stages 1–3	Sat	11 a.m.

