



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

8411 Photonics Drive, Trinity FL 34655
P 727 375 YMCA ymcasuncoast.org/gills

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

JAMES P. GILLS FAMILY YMCA 2018 SWIM LESSONS

» Register at ymcasuncoast.org/swimming

Level	Days	Time
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SPRING SESSIONS

April 23–May 17 (4 weeks)

Registration begins April 10

Parent/Child	T/Th	4:20 p.m.
Preschool Age Stages 1-3	T/Th	5 p.m.
School Age Stages 1-3	T/Th	5:40 p.m.
School Age Stroke Intro	T/Th	5:40 p.m.
School Age Stroke Dev	T/Th	6:30 p.m.
Adults/Teens Stages 1&2	T/Th	7:20 p.m.

May 12–June 16 (6 Saturdays)

Registration begins April 28

Parent/Child	Sat	8:50 a.m.
Preschool Age Stages 1-3	Sat	9:30 a.m.
School Age Stages 1-3	Sat	10:10 a.m.
School Age Intro	Sat	10:10 a.m.
School Age Stroke Dev	Sat	11 a.m.
Adults/Teens Stages 1&2	Sat	11:50 a.m.

SUMMER SESSIONS

June 4–15 (2 weeks)

Registration begins May 22

Parent/Child	M-Th	8:50 a.m.
Parent/Child	M-Th	4:20 p.m.
Preschool Age Stages 1-3	M-Th	9:30 a.m.
Preschool Age Stages 1-3	M-Th	5 p.m.
School Age Stages 1-3	M-Th	10:10 a.m.
School Age Stages 1-3	M-Th	5:40 p.m.
School Age Stroke Intro	M-Th	5:40 p.m.
School Age Stroke Dev	M-Th	6:30 p.m.
Adults/Teens Stages 1&2	M-Th	7:20 p.m.

June 25–July 6 (2 weeks)

Registration begins June 12

NOTE: July 4 class moved to Friday, July 6

Parent/Child	M-Th	8:50 a.m.
Parent/Child	M-Th	4:20 p.m.
Preschool Age Stages 1-3	M-Th	9:30 a.m.
Preschool Age Stages 1-3	M-Th	5 p.m.
School Age Stages 1-3	M-Th	10:10 a.m.
School Age Stages 1-3	M-Th	5:40 p.m.
School Age Stroke Intro	M-Th	5:40 p.m.
School Age Stroke Dev	M-Th	6:30 p.m.
Adults/Teens Stages 1&2	M-Th	7:20 p.m.

Level	Days	Time
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SAFETY AROUND WATER WEEK

Free swim lessons for the community!

May 29–July 1 (Tuesday–Friday)

Registration begins April 15

Ages 6 mos–2 yrs	8:50–9:20 a.m.
Ages 6 mos–2 yrs	4:20–4:50 a.m.
Ages 3–5	9:30–10 a.m.
Ages 3–5	5–5:30 p.m.
Ages 3–5	6:20–6:50 p.m.
Ages 6–12	10:10–10:40 a.m.
Ages 6–12	5:40–6:10 p.m.
Ages 6–12	7–7:30 p.m.

June 30–Aug. 4 (6 Saturdays)

Registration begins June 16

Parent/Child	Sat	8:50 a.m.
Preschool Age Stages 1-3	Sat	9:30 a.m.
School Age Stages 1-3	Sat	10:10 a.m.
School Age Intro	Sat	10:10 a.m.
School Age Stroke Dev	Sat	11 a.m.
Adult & Teen Stage 1&2	Sat	11:50 a.m.

Level	Days	Time
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July 16–26 (2 weeks)

Registration begins July 3

Parent/Child	M-Th	8:50 a.m.
Parent/Child	M-Th	4:20 p.m.
Preschool Age Stages 1-3	M-Th	9:30 a.m.
Preschool Age Stages 1-3	M-Th	5 p.m.
School Age Stages 1-3	M-Th	10:10 a.m.
School Age Stages 1-3	M-Th	5:40 p.m.
School Age Stroke Intro	M-Th	5:40 p.m.
School Age Stroke Dev	M-Th	6:30 p.m.
Adults/Teens Stages 1&2	M-Th	7:20 p.m.

Aug. 6–16 (2 weeks)

Registration begins July 24

Parent/Child	M-Th	8:50 a.m.
Parent/Child	M-Th	4:20 p.m.
Preschool Age Stages 1-3	M-Th	9:30 a.m.
Preschool Age Stages 1-3	M-Th	5 p.m.
School Age Stages 1-3	M-Th	10:10 a.m.
School Age Stages 1-3	M-Th	5:40 p.m.
School Age Stroke Intro	M-Th	5:40 p.m.
School Age Stroke Dev	M-Th	6:30 p.m.
Adults/Teens Stages 1&2	M-Th	7:20 p.m.

FEES

Weekday lessons: \$60 for members and \$90 for nonmembers

Saturday Lessons: \$45 for members and \$70 for nonmembers

