



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SATURDAY SWIM LESSONS

NOVEMBER 17 TO DECEMBER 15 (4 LESSONS)

TIMES	SATURDAY CLASSES			
9:00 AM	Stage A Water Discovery	Stage 1: Water Acclimation	Stage 1: Water Acclimation	Stage 2: Water Movement
9:30 AM	Stage B Water Exploration	Stage 2: Water Movement	Stage 2: Water Movement	Stage 3: Water Stamina
10:00 AM	Stage 3: Water Stamina	Stage 4: Stroke Introduction	Stage 5: Stroke Development	Stage 6: Stroke Mechanics
10:30 AM	Stage 2: Water Movement	Stage 3: Water Stamina	Stage 4: Stroke Introduction	Stage 5: Stroke Development

REMINDERS BEFORE YOUR FIRST LESSON!

Please arrive to the facility at least 10 minutes before the start of your lesson. Be sure your child is ready to swim by the lesson start time. Towels are not provided. Swim diapers are required for infants and toddlers. Make-up lessons are not provided in the event of non-attendance; no refunds or credits will be provided. The Y reserves the right to cancel and/or reschedule classes in the event of insufficient sign-ups.

	Registration opens	Price
YMCA Members	Nov 3	\$27.00
Non-Members	Nov 10	\$34.00

Classes will be held on November 17, December 1st, 8th and 15th. No class on November 24th.

All classes are 30 minutes.

SKAGIT VALLEY FAMILY YMCA
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WEEKDAY SWIM LESSONS

NOVEMBER 26 TO DECEMBER 20TH

TIMES	Monday/Wednesday			
4:15 PM	Stage 1: Water Acclimation	Stage 2: Water Movement	Stage 3: Water Stamina	Pre-Swim Team
4:45 PM	Stage 1: Water Acclimation	Stage 4: Stroke Introduction	Stage 5: Stroke Development	Stage 6: Stroke Mechanics

TIMES	Tuesday/Thursday			
4:15 PM	Stage 1: Water Acclimation	Stage 2: Water Movement	Stage 3: Water Stamina	Stage 4: Stroke Introduction
4:45 PM	Stage 2: Water Movement	Stage 3: Water Stamina	Stage 4: Stroke Introduction	Stage 5/6: Stroke Mechanics

REMINDERS BEFORE YOUR FIRST LESSON!

Please arrive to the facility at least 10 minutes before the start of your lesson. Be sure your child is ready to swim by the lesson start time. Towels are not provided. Swim diapers are required for infants and toddlers. Make-up lessons are not provided in the event of non-attendance; no refunds or credits will be provided. The Y reserves the right to cancel and/or reschedule classes in the event of insufficient participants.

	Registration opens	Price
YMCA Members	Nov, 12	\$54,00
Non-Members	Nov, 19	\$68,00

All classes are 30 minutes and will go on either Monday and Wednesday OR Tuesday and Thursday.