# SWIM LESSONS Winter I and II 2011

**Winter I January 3 through February 12**
**Winter II February 28 through April 9**
**Lynn YMCA - 20 Neptune Blvd - Lynn, MA 01902 – 781-581-3105 – www.lynnymca.org**

## 6 week session: Members: $42 Community: $84

**Parent/Child Swim Lessons:** This course is designed for children (and a parent/guardian) who are not ready to take lessons on their own. All children under the age of three who are not yet potty trained must wear a swim diaper. (Ask us if you forget them!)

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| **Parent Tot (ages 6 months to 3 years)** | Friday 11:35am to 12:05pm | or Saturday 10:50am to 11:20am |
| **Pike with Parent (ages 3 to 6 years)** | Wednesday 11:35am to 12:05pm | or Saturday 11:25 am to 11:55am |

**Preschool Swim Lessons**: The following levels are for children ages 3 through 6 years.

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| **Pike (beginner)** | Monday 1:00pm to 1:45pm or | Tuesday 5:45pm to 6:30pm | *or* Saturday 10:00am to 10:45am |
| **Eel (adv. beginner)** | Monday 1:00pm to 1:45pm or | Tuesday 5:45pm to 6:30pm | *or* Saturday 10:00am to 10:45am |
| **Ray (intermediate)** | Monday 5:45pm to 6:30pm | *or* | Saturday 10:00am to 10:45am |
| **Starfish (advanced, front crawl with no bubble)** | Monday 5:45pm to 6:30pm | *or* | Saturday 10:00am to 10:45am |

**Youth and Adult Swim Lessons:** Youth swim lessons are for children ages 6 and up. We will incorporate stroke development, water safety and water games and rescue skills.

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| **Beginner Polliwog (1st lessons)** | Wednesday 5:45pm-6:30pm | *or* | Saturday 10:50am to 11:35am |
| **Polliwog (beginner)** | Wednesday or Thursday 5:45pm to 6:30pm | *or* | Saturday 11:40am to 12:25pm |
| **Guppy (advanced beginner)** | Thursday 5:45pm to 6:30pm | *or* | Saturday 11:40am to 12:25pm |
| **Minnow (intermediate)** | Monday 5:45pm to 6:30pm | *or* | Saturday 11:40am to 12:25pm |
| **Fish (advanced intermediate)** | Monday 5:45pm to 6:30pm | *or* | Saturday 11:40am to 12:25pm |
| **Swim Club (similar to a swim team, can swim 50 yards)** | Monday 5:00pm to 5:45pm | | |
| **High School Age Swim Lessons (ages 12 to 18)** | Friday 5:00pm to 5:45pm | | |
| **Adult Beginner (18 +)** | **Saturday 9:15am to 10:00am** | | |
| **Adult Intermediate (18+)** | **Saturday 12:30pm-1:15pm** | | |

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| **Private Lessons** | 1 lesson | $30 Members | $60 Community |
| | 4 lessons | $100 " | $200 " |
| | 8 lessons | $160 " | $320 " |
| **Semi-Private** | 1-3 lessons | $15 per person per lesson Members | $30 Community |
| | 4 lessons | $48 per person Members | $96 per person Community |

**Masters Swim (also called SwimFit)** adults 19 years and older **M, W, F noon to 1 p.m.**
Drop in fee is $7.00 for Members and USMS Members, for non-Members it's $10.00 per workout. This is ongoing and started November 1st.2010 Monthly rate: $28.00 for Members , $56.00 for non-Members.
Please look for swim information on our website and call or email our Aquatics Director Jen Brehob, jbrehob@lynnymca.org, with questions, to schedule an evaluation of swim level or semi-private/private lessons at 781-581-3105 x 232.