



## 2010 Winter/Spring Swim Lessons Schedule

### BELL ROAD FAMILY YMCA

Session 1: Jan. 4 <sup>th</sup> - Jan. 28 <sup>th</sup>	Registration: Dec. 1 <sup>st</sup> - Dec. 31 <sup>st</sup>
Session 2: Feb. 1 <sup>st</sup> - Feb. 25 <sup>th</sup>	Registration: Jan. 1 <sup>st</sup> - Jan. 28 <sup>th</sup>
Session 3: Mar. 1 <sup>st</sup> - Apr. 1 <sup>st</sup>	Registration: Feb. 1 <sup>st</sup> - Feb. 25 <sup>th</sup>
Session 4: Apr. 5 <sup>th</sup> - Apr. 29 <sup>th</sup>	Registration: Mar. 1 <sup>st</sup> - Apr. 1 <sup>st</sup>

Cost: Members \$25.00 YMCA Members Only

\*\*No Swim Lessons during Spring Break (Mar. 15<sup>th</sup>-19<sup>th</sup>).

**Parent/Tot Aquatic Program** (ages 6mths-36mths)-This is a water adjustment class with a child and parent participating together.

\*Classes will only be offered in Session 1.

Classes meet: Monday & Wednesday	9:00-9:30am
Tuesday & Thursday	6:05- 6:35pm

### **Pre-school Aquatic Program** (ages 3-5)

Classes meet: Monday & Wednesday	9:30-10:00am
Monday & Wednesday	2:00-2:30pm
Monday & Wednesday	2:35-3:05pm
Tuesday & Thursday	5:00- 5:30pm
Tuesday & Thursday	5:35-6:05pm

### **Youth-** Progressive Swim lessons for ages 6-14

Classes meet: Tuesday & Thursday	5:00- 5:45pm
Tuesday & Thursday	5:50 -6:35pm

**Adult Aquatic Program** (ages 15 & up) - This class is for beginners as well as those who want to learn new strokes or improve skills.

Classes meet: Monday & Wednesday	10:15-11:00am
Monday & Wednesday	6:00-6:45pm

