



SWIM LESSONS SCHEDULE

BELL ROAD FAMILY YMCA

Summer Swim Lessons Schedule

Sessions:

June 1 – 11, 2009
June 15 – 25, 2009
July 6 – 16, 2009
July 20 – 30, 2009

Registration Dates:

May 1
May 15
June 8
June 22

Members are entitled to one FREE session of swim lessons per summer.

Parent/Tot - This is a water adjustment class with a child and parent participating together.

Classes Meet: Monday - Thursday 8:30 – 9:00 AM Indoor
 Monday - Thursday 4:30 – 5:00 PM Indoor
 Monday - Thursday 5:05 - 5:35 PM Indoor

Preschool – Ages 3-5 – Swimming lessons for the preschool aged child.

Classes Meet: Monday – Thursday

Indoor:

9:00-9:30am (beginner) 4:30-5:00pm (beginner)
9:35-10:05am (beginner) 5:05-5:35pm (beginner)
10:10-10:40am (adv. beginner) 5:40-6:10pm (adv. beginner)

Youth – Progressive Swim lessons for ages 6-14

Classes Meet: Monday - Thursday 9:10 – 9:55 AM Outdoor
 Monday - Thursday 10:00- 10:45 AM Outdoor
 Monday - Thursday 5:00 - 5:45 PM GTC
 Monday - Thursday 5:50 – 6:35 PM GTC

Adult – This class is for beginners as well as those who want to learn new strokes or improve skills. Ages 15 & up

Classes Meet: Monday - Thursday 11:00am-11:45am or 6:00pm-6:45pm Indoor