



SEPTEMBER SWIM LESSONS

Every day children learn the basics of swimming at the Y or enhance their existing skills with our swim lesson program that turns beginners into experts! The DEVOS BLUM FAMILY YMCA ensures that all lessons have a low instructor-to-student ratio that will make sure your child gets plenty of personal attention. Stage Descriptions available at the Front Desk or visit

www.ymcaspbc.org/swimlessons

Upcoming Session Dates:

Members Priority opens: August 16

Participants Opens: August 21

Tues/Thurs: : Sept. 5-28 Sat: Sept. 9- Oct. 28 8 classes \$80/\$174

Mon/Wed: Sept. 6-27 7 classes \$70/\$153 * No classes on Labor Day*

	PARENT/CHILD (6mo-3yrs)	Mon & Wed	Tues & Thurs	Saturday
	H2O Discovery & H2O Exploration	Wed.Only 11:00am 5:15-5:45pm		9:45-10:15am 10:15-10:45am

Stages	Preschool Ages 3-5yrs.	Mon & Wed	Tues & Thurs	Saturday
	1 Water Acclimation 2 Water Movement	4:00-4:30pm 5:15-5:45pm 6:25-6:55pm	4:10-4:40pm 4:40-5:10pm 5:50p-6:20m	9:45-10:15am 11:00-11:30am
	3 Water Stamina 4 Stroke Introduction	5:15-5:45pm 6:25-6:55pm	4:40-5:10pm 5:50p-6:20m	11:00-11:30am

Stages	Youth Ages 6-12 yrs.	Mon & Wed	Tues & Thurs	Saturday
	1 Water Acclimation 2 Water Movement	*4:30-5:10pm 5:45-6:25pm 6:25-6:55pm	4:00-4:40pm 5:10-5:50pm 6:20-7:00pm	9:00-9:40am 10:15-10:55am 11:30-12:10p
	3 Water Stamina 4 Stroke Introduction	4:30-5:10pm 5:45-6:25pm	5:10-5:50pm 6:20-7:00pm	10:15-10:55am 11:30-12:10p
	5 Stroke Development 6 Stroke Mechanics	5:45-6:25pm	5:10-5:50pm 6:20-7:00pm	10:15-10:55am 10:50-11:30am

ADULT (13 and up)	Ages 13 & Up	Mon & Wed	Tues & Thurs	Saturday
	Teen/ Adult			9:00-9:40am 11:30-12:10pm 12:10-12:50pm