



YMCA
SWIM LESSONS

SALEM FAMILY YMCA SUMMER 2015 SCHEDULE



Continue to develop swimming skills during the summer at the Salem Family YMCA!

The Y is committed to providing children of all skill levels opportunities to experience the fun and health benefits of swimming. All classes are led through a nationally certified curriculum and are under lifeguard supervision.

<u>Parent/Child</u>	<u>5 & 10 Week Sessions</u>
Members \$25	Members \$40
Potential Member \$50	Potential Members \$65

Love to swim? Join the Salem Y Swim Team, a fun way for kids to advance their skills and prepare for competition. We have a beginner team for those who can swim 20 yards non-stop and a competitive team.

For details on all YMCA Aquatics programming and schedules visit us at www.theYonline.org or call 503-399-2755.

2 Week Session M/W/F-Member \$24 Potential Member \$39
2 Week Session Mon-Thurs-Member \$32 Potential Member \$52



Summer 2015 Program Information:

Parent/Child

- Ages: 6 months–3 years
- This class emphasizes water safety, water adjustment, movement, exploration, songs, games and FUN!
- 5 Week Session Times:
 - ◇ Monday & Wednesday 8:45am–9:15am
 - ◇ Tuesday & Thursday 11:15am–11:45am OR 5:55PM–6:25pm
- 10 Week Session Times:
 - ◇ Saturday 9:30–10:00am OR 11:15am–11:45am

PERS (Pike, Eel, Ray, Starfish) Pre-School

- Ages: 3–5 years
- 5 Week Session Times:
 - ◇ Monday & Wednesday 5:15pm–5:45pm
 - ◇ Tuesday & Thursday 10:00am–10:30am OR 4:30pm–5:00pm OR 6:30pm–7:00pm
- 10 Week Session Times:
 - ◇ Saturday 10:45am–11:15am
 - ◇ Sunday Pike/Eel ONLY 2:00pm–2:30pm

Try a 2 Week Mini PERS Session!
Mon/Wed/Fri 9:15am–9:45am OR
Mon/Tue/Wed/Thur 1:00pm–1:30pm

Polliwog/Guppy (Beg/Adv Beg)

- Ages: 6–14 years
- 5 Week Session Times:
 - ◇ Monday & Wednesday 4:30pm–5:15pm
 - ◇ Tuesday & Thursday 10:30am–11:15am OR 5:05pm–5:50pm OR 7:05pm–7:50pm
- 10 Week Session Times:
 - ◇ Saturday 10:00am–10:45am
 - ◇ Sunday Polliwog ONLY 1:15–2:00pm

Try a 2 Week Mini Polliwog/Guppy Session!
Mon/Wed/Fri 9:45am–10:30am OR
Mon/Tue/Wed/Thur 1:30pm–2:15pm

Minnow/Fish/Flying Fish/Shark (Intermediate/Advanced)

- Ages: 6–14 years
- 5 Week Session Times:
 - ◇ Tuesday & Thursday 10:30–11:15am OR 5:05pm–5:50pm OR 7:05–7:50pm
- 10 Week Session Times:
 - ◇ Saturday 10:00am–10:45am

Try a 2 Week Mini Session!
Mon/Wed/Fri 10:00 am–10:45 am OR
Mon/Tue/Wed/Thur 1:30pm–2:15pm

2 Week Session Dates:

June 15–26 (Potential Member Registration starts June 3)
June 29–July 10 (Potential Member Registration starts June 24)
July 13–July 24 (Potential Member Registration starts July 8)
July 27–August 7 (Potential Member Registration starts July 22)
August 10–August 21 (Potential Member Registration starts August 6)

5 Week Session Dates:

June 15–July 17 (Potential Member Registration Starts June 3)
July 20–August 21 (Potential Member Registration Starts July 15)

10 Week Session Saturdays or Sundays*

June 20–August 23 (Potential Member Registration Starts June 10)

*No lessons July 4–5

