



**YMCA**  
SWIM LESSONS

**SALEM FAMILY YMCA SUMMER 2016 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 &amp; 10 Week Sessions</u>
Members \$30	Members \$45
Non-Members \$55	Non-Members \$69

**For more information and to register visit us at [www.theYonline.org](http://www.theYonline.org) or call 503-399-2755.**

2 Week Sessions M/W/F Members \$30, Non-Members \$45
2 Week Sessions Mon-Thurs Members \$37, Non-Members \$57

**SALEM FAMILY YMCA  
685 COURT ST NE, OR  
97301**

**Summer is a great time to join the Salem YMCA Sharks Swim Team, a fun way for kids to advance their skills and prepare for competition!**

**Try-outs are every Tuesday/Thursday 4:00-5:00 PM. Call 503-399-2792 for a free try-out!**

## Summer 2016 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** 5:45PM–6:15pm
- 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** 5:00pm–5:45pm **OR** 7:00pm–7:45pm
- 10 Week Session Times:
  - ◇ Saturday 10:00am–10:45am
  - ◇ Sunday 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** 5:00pm–5:45pm **OR** 7:00–7:45pm
- 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

### Teen Beginner

- Ages: 13–17 years
- 5 Week Session: Monday & Wednesday 5:45–6:30pm

#### 2 Week Session Dates:\*

June 20–July 1 (Member Registration Starts June 1, Non-Member Starts June 15)  
July 5–July 15\* (Member Registration Starts June 22, Non-Member Starts June 29)  
July 18–July 29 (Member Registration Starts July 6, Non-Member Starts July 13)  
August 1–12 (Member Registration Starts July 20, Non-Member Starts July 27)  
August 15–26 (Member Registration Starts August 3, Non-Member Starts August 10)

#### 5 Week Session Dates:\*

June 20–July 21\* (Member Registration Starts June 1, Non-Member Starts June 15)  
July 25–August 25 (Member Registration Starts July 6, Non-Member Starts July 20)

#### 10 Week Session Dates:\*

June 25–August 28 (Member Registration Starts June 1, Non-Member Starts June 15)

\*No lessons July 2–4!

