



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS MAKE CONFIDENT KIDS!

Spring 2017 Swim Lessons SALEM FAMILY YMCA

Continue to develop swimming skills during the Spring 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. The Salem Family YMCA has been the leader in aquatics programs in the Salem Community for nearly a century. All lessons are under lifeguard supervision.

Water Discovery (Parent/Child)

Ages: 6 months-3 years with one parent or guardian in the pool.
This class emphasizes water safety, water adjustment, movement, exploration, songs, games and FUN!
\$30 member / \$55 non-member

Preschool (Pike, Eel, Ray, Starfish)

Ages: 3-5 years. The teacher to student ratio is 1:5 or better.
\$45 member/\$69 non-member
"Sunday Special" = \$36 member/\$56 non-member

School Age (Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark)

Ages: 6-14 years. The teacher to student ratio is 1:8 or better.
\$45 member/\$69 non-member
"Sunday Special" = \$36 member/\$56 non-member



PROPER SWIM ATTIRE IS REQUIRED TO SWIM IN SALEM YMCA POOLS.

The Salem Family YMCA would like to offer FREE swim lessons for low-income Salem residents through the City of Salem Recreational Access Grant. Youth must provide proof that they reside in the Salem city limits and that they qualify as low income. Restrictions apply. Please call our front desk for details at 503-399-2783.

FAMILYYMCA OF MARION AND POLK COUNTIES
685 Court St NE, Salem, OR 97301
P 503 399 2783 F 503 399 2789 www.theYonline.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2017 SWIM LESSONS

Water Discovery (Parent/Child):

Ages: 6 months-3 years, with one parent or guardian in the pool

5 Week Session Times:

Monday & Wednesday 9:30-10:00am
Tuesday & Thursday 11:15-11:45am
Tuesday & Thursday 5:45-6:15 pm

10 Week Session Times:

Saturday 9:30-10:00am
Saturday 11:15-11:45am

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

Ages: 3-5 years

5 Week Session Times:

Monday & Wednesday 5:15-5:45pm
Tuesday & Thursday 10:00-10:30am
Tuesday & Thursday 4:30-5:00 pm
Tuesday & Thursday 6:30-7:00pm

10 Week Session Times:

Saturday 10:45-11:15am

PIKE/EEL ONLY:

Saturday 9:00-9:30 am
Sunday* 2:00-2:30 pm

Polliwog/Guppy (Beginner School Age):

Ages: 6-14 years

5 Week Session Times:

Monday & Wednesday 4:30-5:15pm
Tuesday & Thursday 10:30-11:15am
Tuesday & Thursday 5:00-5:45 pm
Tuesday & Thursday 7:00-7:45 pm

10 Week Session Times:

Saturday 10:00-10:45am
Sunday* 1:15-2:00 pm

Minnow/Fish/Flying Fish/Shark (Advanced School Age):

Ages: 6-14 years

5 Week Session Times:

Tuesday & Thursday 10:30-11:15am
Tuesday & Thursday 5:00-5:45 pm
Tuesday & Thursday 7:00-7:45 pm

10 Week Session Times:

Saturday 10:00-10:45am

5 Week Session Dates:

April 3 - May 4
(Registration Starts March 8)

May 8 - June 8*
(Registration Starts April 26)

* The YMCA is closed Monday, May 29th for Memorial Day.

10 Week Session Dates:

April 8 - June 11*
(Registration Starts March 8)

*The YMCA is CLOSED:
Sunday, April 16th for Easter
Sunday, April 30th for Healthy Kids Day

Check out our "Sunday Special!"
\$36 member/\$56 non-member

The Salem Family YMCA would like to offer FREE swim lessons for low-income Salem residents through the City of Salem Recreational Access Grant.

Youth must provide proof that they reside in the Salem city limits and that they qualify as low income. Restrictions apply.

Please call our front desk for details at 503-399-2783.

PROPER SWIMMING ATTIRE IS REQUIRED TO SWIM IN SALEM YMCA POOLS.