



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS MAKE CONFIDENT KIDS!

SPRING 2018 SWIM LESSONS 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.

MONTHLY 4 OR 5-WEEK SESSION DATES (8-10 CLASSES, M/W OR T/TH):

April 2nd - 26th (4 weeks) Register March 14th-29th
April 30th - May 31st (5 weeks) Register April 11th-26th
NO LESSONS MONDAY, MAY 28TH: CLOSED FOR MEMORIAL DAY!

PRICING (PRO-RATED BASED ON DAYS OF CLASSES)

Water Discovery & Exploration: \$40 members / \$65 non-members
Preschool Levels 1-3: \$58 members / \$68 non-members
School Age Levels 1-6: \$66 members / \$76 non-members

7-WEEK SESSION DATES (6 OR 7 CLASSES, SAT OR SUN):

April 7th- May 20th Register March 14th-April 5th
NO LESSONS SATURDAY, APRIL 21ST FOR HEALTHY KIDS DAY!

PRICING (PRO-RATED BASED ON DAYS OF CLASSES)

Water Discovery & Exploration: \$30 members / \$50 non-members
Preschool Levels 1-3: \$43 members / \$53 non-members
School Age Levels 1-6: \$50 members / \$60 non-members



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

For more information and to register visit us at www.theYonline.org or
call 503-581-YMCA.



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SPRING 2018 SWIM LESSONS

Water Discovery & Exploration

Ages 6 months to 3 years, one parent or caregiver in the pool with child. Learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.

Monthly Session Times:

- Monday & Wednesday 10:00-10:30 am (NO LESSONS MAY 28TH FOR MEMORIAL DAY)
- Tuesday & Thursday 11:15am-11:45am OR 6:00 PM-6:30 pm

8 Week Session Times:

- Saturday 9:30-10:00am OR 11:15am-11:45am (NO LESSONS APRIL 21ST FOR HEALTHY KIDS DAY)

Pre-School: Beginners Age 3-5 years

Swim Basics: Levels 1-3

Students age 3 to 5 years old learn personal water safety and achieve basic swimming competency by learning benchmark skills.

Monthly Session Times:

- Monday & Wednesday 5:15pm-5:45pm (NO LESSONS MAY 28TH FOR MEMORIAL DAY)
- Tuesday & Thursday 10:00am-10:30am OR 4:45pm-5:15pm OR 6:30pm-7:00pm

8 Week Session Times:

- Saturday 10:45am-11:15am (NO LESSONS APRIL 21ST FOR HEALTHY KIDS DAY)
- Sunday (Levels 1 & 2 ONLY) 2:00pm-2:30pm

School Age: Beginners Age 6-14 years

Swim Basics: Levels 1-3

Students age 6 to 14 years old learn personal water safety and achieve basic swimming competency by learning benchmark skills.

Monthly Session Times:

- Monday & Wednesday 4:30pm-5:15pm (NO LESSONS MAY 28TH FOR MEMORIAL DAY)
- Tuesday & Thursday 10:30am-11:15am OR 5:15pm-6:00pm OR 7:00pm-7:45pm

8 Week Session Times:

- Saturday 10:00am-10:45am (NO LESSONS APRIL 21ST FOR HEALTHY KIDS DAY)
- Sunday 1:15-2:00pm

Advanced Swimmers All Ages up to 14 years

Swim Strokes: Levels 4-6 (Must pass Swim Basics before registering for Swim Strokes)

Having mastered the fundamentals in Swim Basics, students of all ages learn additional water safety skills and build stroke technique.

Monthly Session Times:

- Tuesday & Thursday 10:30-11:15am OR 5:15pm-6:00pm OR 7:00-7:45pm

8 Week Session Times:

- Saturday 10:00am-10:45am (NO LESSONS APRIL 21ST FOR HEALTHY KIDS DAY)

PROPER SWIM ATTIRE IS REQUIRED TO SWIM AT SALEM YMCA POOLS. PAYMENT IS DUE AT REGISTRATION. EACH SWIMMER MUST HAVE A CURRENT SWIM WAIVER ON FILE.

INTERESTED IN PRIVATE LESSONS? CALL 503-399-2792 FOR INFORMATION OR TO SCHEDULE A SESSION!