



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE RIGHT IN TO SWIM LESSONS THIS WINTER!

WINTER 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-WEEK SESSION DATES (7 OR 8 CLASSES, M/W OR T/TH):

January 2nd - 25th	Register December 13-28
January 29th - February 22nd	Register January 10-25
February 26th - March 22nd	Register February 7-22

PRICING

Water Discovery & Exploration:	\$30 members / \$55 non-members
Preschool Levels 1-3:	\$48 members / \$58 non-members
School Age Levels 1-6:	\$56 members / \$66 non-members

10-WEEK SESSION DATES (10 CLASSES, SAT OR SUN):

January 6th - March 11th	Register December 13-January 4
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PRICING

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



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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Winter 2018 Swim Lessons Schedule

Water Discovery & Exploration

Ages 6 months to 3 years, 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
 - ◇Tuesday & Thursday 11:15am-11:45am **OR** 6:00 PM-6:30 pm
- 10 Week Session Times:
 - ◇Saturday 9:30-10:00am **OR** 11:15am-11:45am

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
 - ◇Tuesday & Thursday 10:00am-10:30am **OR** 4:45pm-5:15pm **OR** 6:30pm-7:00pm
- 10 Week Session Times:
 - ◇Saturday 10:45am-11:15am
 - ◇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
 - ◇Tuesday & Thursday 10:30am-11:15am **OR** 5:15pm-6:00pm **OR** 7:00pm-7:45pm
- 10 Week Session Times:
 - ◇Saturday 10:00am-10:45am
 - ◇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
- 10 Week Session Times:
 - ◇Saturday 10:00am-10:45am

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!