

| Swim Basics | | 45 minutes | please contact Nicole Bizuga at nbizuga@hamiltonymca.org | | | | | |
|--------------------------------|------------|---------------------|---|------------------------|------------|------------|------------|----------------------------------|
| Class | Age | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| Acclimation/ Movement- B (1:4) | 6-8 years | 4:00 p.m. 6:00 p.m. | | 4:00 p.m. 6:00 p.m. | | | | |
| Stamina- B (1:3) * | 6-9 years | 4:00 p.m. | | | 5:00 p.m. | | | |
| | | | | | | | | *Swim Evaluation required |

| Swim Strokes | | 45 minutes | please contact Nicole Bizuga at nbizuga@hamiltonymca.org | | | | | |
|-------------------------|------------|-------------------|---|------------|------------------------|------------|------------|----------------------------------|
| Class | Age | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| Introduction- A (1:4) * | 6-9 years | 4:00 p.m. | 6:00 p.m. | | 4:00 p.m. 5:00 p.m. | | | |
| Development- A (1:4) * | 6-9 years | 4:00 p.m. | 5:00 p.m. | | 4:00 p.m. | | | |
| Mechanics - A (1:4) * | 6-9 years | 5:00 p.m. | | | | | | |
| | | | | | | | | *Swim Evaluation required |

| Block Week | Start | End |
|-------------------|-----------------|-----------------|
| Week 1 | June 21, 2021 | June 25, 2021 |
| Week 2 | June 28, 2021 | July 2, 2021 |
| Week 3 | July 5, 2021 | July 9, 2021 |
| Week 4 | July 12, 2021 | July 16, 2021 |
| Week 6 | July 26, 2021 | July 30, 2021 |
| Week 7 | August 2, 2021 | August 6, 2021 |
| Week 8 | August 9, 2021 | August 13, 2021 |
| Week 9 | August 16, 2021 | August 20, 2021 |

| Swim Basics Blocks | | 45 minutes | please contact Nicole Bizuga at nbizuga@hamiltonymca.org | | | | | |
|--------------------------------|------------|-------------------------|---|---------|--|--|--|----------------------------------|
| Class | Age | Monday to Friday | Weeks | | | | | |
| Acclimation/ Movement- B (1:4) | 6-8 years | 12:00 p.m. | | 2,6 | | | | |
| Stamina- B (1:3) * | 6-9 years | 10:00 a.m. | | 2, 6, 7 | | | | |
| | | | | | | | | *Swim Evaluation required |

| Swim Strokes Blocks | | 45 minutes | please contact Nicole Bizuga at nbizuga@hamiltonymca.org | | | | | |
|----------------------------|------------|-------------------------|---|--------|--|--|--|----------------------------------|
| Class | Age | Monday to Friday | Weeks | | | | | |
| Introduction- A (1:4) * | 6-9 years | 12:00 p.m. | | 1,4, 7 | | | | |
| | | | | | | | | *Swim Evaluation required |