

Swim Basics	45 minutes		please contact Nicole Bizuga at nbizuga@hamiltonymca.org					
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Acclimation/Movement- D	14-17 years	10:00am 3:00 p.m.	4:00 p.m.	7:00 p.m.	6:00 p.m.			
Stamina D *	14-17 years		10:00 a.m.	7:00 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-C (1:4) *	14-17 years	3:00 p.m.	11:00 a.m.					
Development-C (1:4) *	14-17 years	11:00 a.m.						
								*Swim Evaluation required