

Swim Lessons at JKR Contact Nicole Bizuga at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org

SWIM STARTERS 30 minutes Facility Members: \$52 | Program Members: \$72

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery* (1:10 pairs)	6 - 30 months						9:00 a.m.	10:45 a.m.
Exploration* (1:6 pairs)	2.5 - 4			5:55 p.m.			9:50 a.m.	9:50 a.m.

*Parent participation required.

SWIM BASICS 45 minutes Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A (1:3)	2.5 - 3	10:05 a.m.	5:55 p.m.	4:15 p.m. 6:30 p.m.		5:55 p.m.		
Acclimation B (1:4)	4 - 5	4:15 p.m. 5:55 p.m.			4:15 p.m.	4:15 p.m.		11:30 a.m.
Acclimation C (1:6)	6 - 9	6:45 p.m.		5:45 p.m.				
Acclimation D (1:6)	10 - 12							12:20 p.m.
Movement A (1:3)	2.5 - 3	5:05 p.m.		6:30 p.m.				11:30 a.m.
Movement B (1:4)	4 - 5					4:15 p.m.	9:00 a.m.	9:50 a.m.
Movement C (1:6)	6 - 9	5:05 p.m.			7:30 p.m.	9:50 a.m.		
Movement D (1:6)	10 - 12	6:45 p.m.						
Stamina A (1:3)	2.5 - 3		6:45 p.m.				11:30 a.m.	
Stamina B (1:4)	3 - 5	5:45 p.m.		5:05 p.m.				
Stamina C (1:6)	6 - 9	4:15 p.m.			4:15 p.m.	6:30 p.m.		

SWIM STROKES 45 minutes Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Introduction A (1:6)	5 - 8	5:05 p.m.	6:45 p.m.			4:15 p.m.	10:40 a.m.	
Introduction B (1:8)	9 - 12		6:45 p.m.					
Development A (1:6)	5 - 8		4:15 p.m.				11:30 a.m.	
Development B (1:8)	9 - 12			5:55 p.m.		5:00 p.m.	12:20 p.m.	
Mechanics A (1:6)	5 - 8				4:15 p.m.	6:45 p.m.		

COMPETITIVE 60 minutes Precompetitive Facility Members: \$60 | Program Members: \$84

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Precompetitive	6 - 9 10 - 13			7:15 p.m.	6:00 p.m.	7:15 p.m.	12:00 p.m.	

Swim Lessons at JKR Contact Nicole Bizuga at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org

ADULT

60 minutes Arthritis Foundation/Ai Chi
45 minutes Swim Basics/Swim Strokes

Facility Members: \$47 | Program Members: \$63
Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics Stages 1 - 3	18+	9:00 a.m.		10:00 a.m.				9:00 a.m.
Aqua Arthritis	18+	10:00 a.m.		10:00 a.m.				
Ai Chi	18+					11:30 a.m.		

SKOR/DIVERSE ABILITIES

45 minutes

Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics	3 - 12				5:00 p.m. 6:00 p.m.			9:00 a.m.
Swim Strokes	3 - 12				6:00 p.m.			9:00 a.m.
Teen	13+				7:00 p.m.			9:00 a.m.

FOR ALL AGES

30 minutes Private
30 minutes Semi-private

Facility Members: \$180 | Program Members: \$232
Facility Members: \$103 | Program Members: \$133

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Private (1:1)	3+	4:45 p.m.	4:15 p.m.	4:45 p.m.	4:15 p.m.	4:45 p.m.	9:00 a.m.	9:30 a.m.
		5:15 p.m.	5:45 p.m.	5:15 p.m.	5:45 p.m.	5:15 p.m.	9:30 a.m.	10:30 a.m.
		6:15 p.m.	6:45 p.m.	6:15 p.m.	6:45 p.m.	6:15 p.m.	10:45 a.m. 11:45 a.m.	11:00 a.m.
Semi-private (1:2)	3+	4:15 p.m.	4:45 p.m.	4:15 p.m.	4:45 p.m.	4:15 p.m.	10:15 a.m.	9:00 a.m.
		5:45 p.m.	5:15 p.m.	5:45 p.m.	5:15 p.m.	5:45 p.m.	11:15 a.m.	10:00 a.m.
			6:15 p.m.		6:15 p.m.	6:45 p.m.		11:30 a.m.

Private lesson time slots have the option to be twice per week. Please contact Nicole Bizuga at ext. 128 for more information.