

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

SWIM STARTERS 30 minutes Facility Members: \$58 | Program Members \$81 *Parent participation required.

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery* (1:10 pairs)	6 - 30 months	9:30 a.m.	5:20 p.m.				9:00 a.m.	10:45 a.m.
Exploration* (1:6 pairs)	2.5 - 4	5:55 p.m.		9:00 a.m. 5:55 p.m.		9:30 a.m.	9:50 a.m.	9:50 a.m.

SWIM BASICS 45 minutes Facility Members: \$63 | Program Members \$87

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A (1:3)	2.5 - 3	10:05 a.m.	5:55 p.m.	11:10 a.m. 4:15 p.m. 6:30 p.m.		5:55 p.m.	9:50 a.m.	10:40 a.m.
Acclimation B (1:4)	4 - 5	10:55 a.m. 4:15 p.m. 5:55 p.m.	5:55 p.m.	9:30 a.m. 4:15 p.m.	4:15 p.m.	4:15 p.m.	10:40 a.m.	9:00 a.m. 11:30 a.m.
Acclimation C (1:6)	6 - 9	6:45 p.m.	4:15 p.m.	5:05 p.m. 5:45 p.m.		5:05 p.m. 7:30 p.m.	11:30 a.m.	9:00 a.m.
Acclimation D (1:6)	10 - 12		6:45 p.m.			5:55 p.m.		12:20 p.m.
Movement A (1:3)	2.5 - 3	4:15 p.m. 5:05 p.m.	4:15 p.m.	10:20 a.m. 4:15 p.m. 6:30 p.m.			9:00 a.m.	9:50 a.m. 11:30 a.m.
Movement B (1:6)	4 - 5	11:45 a.m.	5:05 p.m.	5:05 p.m.		4:15 p.m. 7:30 p.m.	9:00 a.m. 9:50 a.m.	9:50 a.m.
Movement C (1:6)	6 - 9		5:05 p.m.			4:15 p.m. 7:30 p.m.	9:50 a.m.	
Movement D (1:6)	10 - 12	6:45 p.m.						9:00 a.m.
Stamina A (1:3)	2.5 - 3		6:45 p.m.			5:45 p.m.	11:30 a.m.	9:50 a.m.
Stamina B (1:4)	4 - 5	4:15 p.m. 5:45 p.m.	4:15 p.m.	5:05 p.m. 7:15 p.m.			9:50 a.m.	11:30 a.m.
Stamina C (1:6)	6 - 9	4:15 p.m.			4:15 p.m.	5:05 p.m. 6:30 p.m.	12:20 p.m.	
Stamina D (1:6)	10 - 12		7:30 p.m.			6:45 p.m.		

SWIM STROKES 45 minutes Facility Members: \$63 | Program Members \$87

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Foundations A* (1:3)	4 - 5		9:15 a.m.				11:30 a.m.	
Introduction A (1:6)	5 - 8	5:05 p.m.	6:45 p.m.	4:15 p.m. 6:30 p.m.		4:15 p.m.	10:40 a.m.	
Introduction B (1:8)	9 - 12	5:55 p.m.	6:45 p.m.			5:05 p.m. 6:45 p.m.		9:00 a.m.
Development A (1:6)	5 - 8		4:15 p.m.			7:30 p.m.	11:30 a.m.	
Development B (1:8)	9 - 12	5:00 p.m. 7:30 p.m.	5:05 p.m.	5:55 p.m.	4:15 p.m.	5:00 p.m.	12:20 p.m.	10:40 a.m.
Mechanics A (1:6)	5 - 8		5:55 p.m.		4:15 p.m.	6:45 p.m.		12:20 p.m.
Mechanics B (1:8)	9 - 12	5:05 p.m.	7:30 p.m.				10:40 a.m.	11:30 a.m.
Conditioning A (1:8)	6 - 9		6:45 p.m.			5:55 p.m.		10:40 a.m.
Conditioning B (1:8)	10 - 12		7:30 p.m.				12:20 p.m.	

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TEEN PATHWAYS 120 minutes High School Stroke Conditioning Facility Members: \$134 | Program Members: \$188
 60 minutes Precompetitive/Aquatic Conditioning Facility Members: \$67 | Program Members: \$94
 45 minutes Beginner/Intermediate/Endurance Facility Members: \$63 | Program Members: \$87

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Intermediate (1:6)	10 - 17		5:05 p.m.	5:55 p.m.			12:20 p.m.	
Precompetitive (1:12)	9 - 12 13 - 17	6:30 p.m.	4:15 p.m.					
High School Stroke Conditioning (1:12)	13 - 17			5:00 p.m.				

ADULT 60 minutes Arthritis Foundation Facility Members: \$67 | Program Members: \$94
 45 minutes Beginner/Intermediate Facility Members: \$63 | Program Members: \$87

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Intermediate (1:6)	18+		5:55 p.m.				9:00 a.m.	12:20 p.m.
Arthritis Foundation	18+	10:00 a.m.		10:00 a.m.				

SKOR/DIVERSE ABILITIES 45 minutes Facility Members: \$63 | Program Members: \$87

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation	3 - 12				5:00 p.m. 6:00 p.m.			
Movement	3 - 12				5:00 p.m. 6:00 p.m.			
Stamina	3 - 12				5:00 p.m. 7:00 p.m.			
Introduction	3 - 12				7:00 p.m.			
Teen	13+				7:00 p.m.			

FOR ALL AGES 30 minutes Private Facility Members: \$202 | Program Members: \$261
 30 minutes Semi-private Facility Members: \$116 | Program Members: \$149

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

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

SWIM STARTERS 30 minutes

Facility Members: \$64 | Program Members \$89

CLASS	AGE	MON/WED	TUES/THU	SAT
Discovery* (1:10 pairs)	6 - 30 months	5:50 P.M.		
Exploration* (1:6 pairs)	2.5 - 4		5:50 p.m.	10:40 a.m.

*Parent participation required.

SWIM BASICS 45 minutes

8 Classes

Facility Members: \$63 | Program Members \$87

CLASS	AGE	MON/WED	TUES/THU	SAT
Acclimation A (1:3)	2.5 - 3	4:50 p.m.		10:40 a.m.
Acclimation B (1:4)	4 - 5	5:40 p.m.		9:00 a.m.
Acclimation C (1:6)	6 - 9	6:30 p.m.	5:40 p.m.	9:50 a.m.
Acclimation D (1:6)	10 - 12		6:30 p.m.	
Movement A (1:3)	2.5 - 3		4:50 p.m.	
Movement B (1:6)	4 - 5	4:50 p.m.		10:40 a.m.
Movement C (1:6)	6 - 9	5:40 p.m.		9:00 a.m.
Movement D (1:6)	10 - 12			
Stamina A (1:3)	2.5 - 3		5:40 p.m.	
Stamina B (1:4)	4 - 5		4:50 p.m.	9:50 a.m.
Stamina C (1:6)	6 - 9	4:50 p.m.		10:40 a.m.
Stamina D (1:6)	10 - 12		6:30 p.m.	

SWIM STROKES 45 minutes

8 Classes

Facility Members: \$63 | Program Members \$87

CLASS	AGE	MON/WED	TUES/THU	SAT
Introduction A (1:6)	5 - 8	6:30 p.m.	5:40 p.m.	9:00 a.m.
Introduction B (1:8)	9 - 12	5:40 p.m.		
Development A (1:6)	5 - 8		6:30 p.m.	9:50 a.m.
Development B (1:8)	9 - 12	6:30 p.m.		
Mechanics A (1:6)	5 - 8		4:50 p.m.	

TEEN PATHWAYS 120 minutes

Facility Members: \$134 | Program Members: \$188

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
High School Stroke Conditioning (1:12)	13 - 17						8:00 a.m.	

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FOR ALL AGES 30 minutes Private Facility Members: \$202 | Program Members \$261 **5 Classes**
 30 minutes Semi-private Facility Members: \$116 | Program Members \$149 **5 Classes**

CLASS	AGE	MON/WED	TUES/THU	SAT
Private (1:1)	3+	5:15 p.m. 6:25 p.m.	5:15 p.m. 6:25 p.m.	9:00 a.m. 10:10 a.m.
Semi-private (1:2)	3+	5:15 p.m. 6:25 p.m.	5:15 p.m. 6:25 p.m.	9:35 a.m.

SAFETY AROUND WATER 45 minutes **8 Classes** Facility Members: \$56 | Program Members \$78

Learning to be safe around water is a life skill. Today, fewer than half of all Americans say they know how to swim. The Safety Around Water program is designed to help change this reality. Learning to be safe around water builds a sense of achievement. Overcoming a fear of water and mastering skills in the pool build confidence and competence. Safety Around Water, like all Y programs, helps individuals reach their full potential.

Safety Around Water is an independent program designed to reach children at risk of drowning and teach them basic water safety skills, but the skills it develops overlap with those taught in the Swim Basics stage of YMCA Swim Lessons. Students who complete Safety Around Water are prepared to transition directly into swim lessons to continue the learning.

Safety Around Water Blocks follow the same dates as Block Lessons above.

CLASS	AGE	BLOCK	MON/WED	TUES/THU	BRANCH
Beginner	4 - 6	2 & 3	3:20 p.m.	4:10 p.m.	JKR
Beginner	7 - 9	2 & 3	3:20 p.m.	4:10 p.m.	JKR
Intermediate	4 - 6	2 & 3	4:10 p.m.	3:20 p.m.	JKR
Intermediate	7 - 9	2 & 3	4:10 p.m.	3:20 p.m.	JKR