

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

## SWIM STARTERS

30 minutes Facility Members: \$61 | Program Members \$86

**BLOCK 1 - June 19 - August 27**

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery	6 - 18 months					5:00 p.m.	9:00 a.m.	
Exploration A	19 - 30 months			5:00 p.m.			10:30 a.m.	
Exploration B	2.5 - 4				6:30 p.m.		9:45 a.m.	

## SWIM BASICS

40 minutes Facility Members: \$66 | Program Members \$94

**BLOCK 1 - June 19 - August 27**

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A	3 - 5	5:00 p.m. 6:30 p.m.		6:30 p.m.	5:00 p.m.	5:45 p.m.	9:45 a.m.	
Acclimation B	6 - 9			5:45 p.m.		5:00 p.m.	9:00 a.m.	
Movement A	3 - 5				5:45 p.m.	6:30 p.m.	9:00 a.m.	
Movement B	6 - 9	5:00 p.m.	6:30 p.m.	5:00 p.m.			9:45 a.m.	
Movement C	10 - 12					5:45 p.m.		
Stamina A	3 - 5		5:00 p.m.	5:45 p.m.			10:30 a.m.	
Stamina B	6 - 9	5:45 p.m.	5:45 p.m.			5:45 p.m.	11:15 a.m.	
Stamina C	10 - 12		6:30 p.m.		5:00 p.m.			

## SWIM STROKES

40 minutes Facility Members: \$66 | Program Members \$94

**BLOCK 1 - June 19 - August 27**

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Introduction A	5 - 8	5:00 p.m.	5:00 p.m.		5:45 p.m.		11:15 a.m.	
Introduction B	9 - 12	5:45 p.m.		5:00 p.m.	6:30 p.m.	5:00 p.m. 6:30 p.m.		
Development A	5 - 8			5:00 p.m.		6:30 p.m.	10:30 a.m.	
Development B	9 - 12	6:30 p.m.	5:00 p.m.	5:45 p.m.	6:30 p.m.		11:15 a.m.	
Mechanics A	5 - 8	6:30 p.m.			5:00 p.m.			
Mechanics B	9 - 12		6:30 p.m.	6:30 p.m.				

Please note that classes will be prorated according to holiday schedules.

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## TEEN PATHWAYS

40 minutes

Beginner/Intermediate

Facility Members: \$66 | Program Members \$94

**BLOCK 1 - June 19 - August 27**

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner	13 - 17	5:45 p.m.	5:45 p.m.					

## ADULT

45 minutes

Beginner/Intermediate/Advanced

Facility Members: \$66 | Program Members \$94

**BLOCK 1 - June 19 - August 27**

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Adult Beginner/Intermediate/Advanced	18+		5:45 p.m.		5:45 p.m.			

## FOR ALL AGES

30 minutes

Private

Facility Plus/Facility Members: \$221 | Program Members \$286

**BLOCK 1 - June 19 - August 27**

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Private Lessons	3+	5:15 p.m. 5:45 p.m.	5:15 p.m. 5:45 p.m.	5:15 p.m. 5:45 p.m.	5:15 p.m. 5:45 p.m.	5:15 p.m. 5:45 p.m.		

Please note that classes will be prorated according to holiday schedules.



**STRONG SWIMMERS  
CONFIDENT KIDS**