

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	6 - 18 months	10:15 a.m.		9:45 a.m.			9:00 a.m.	10:30 a.m.
Exploration A	19 - 30 months	6:30 p.m.		5:45 p.m.		10:45 a.m.	10:30 a.m.	
Exploration B	2.5 - 4	10:45 a.m.		11:15 a.m.			9:45 a.m.	9:45 a.m.

SWIM BASICS

45 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A	2 1/2 - 3	10:45 a.m. 4:15 p.m. 6:30 p.m.	9:30 a.m. 5:45 p.m.	4:15 p.m. 6:30 p.m.	10:15 a.m. 5:00 p.m.	11:15 a.m. 5:45 p.m.	9:45 a.m. 10:30 a.m. 12:00 p.m.	9:00 a.m. 10:30 a.m. 11:15 a.m.
Acclimation B	4 - 5	9:30 a.m.	5:45 p.m. 7:15 p.m.	10:15 a.m. 4:15 p.m. 6:30 p.m.		11:15 a.m. 5:45 p.m.	9:45 a.m. 12:00 p.m.	9:00 a.m. 11:15 a.m.
Acclimation C	6 - 9		4:15 p.m.	5:00 p.m.		5:00 p.m. 7:15 p.m.		
Movement A	2 1/2 - 3	5:00 p.m.	10:15 a.m.		11:00 a.m. 4:15 p.m. 5:45 p.m.	10:00 a.m.	9:00 a.m.	9:45 a.m.
Movement B	4 - 5	11:15 a.m. 5:00 p.m.	4:15 p.m.	6:30 p.m.	5:45 p.m.		9:00 a.m.	11:15 a.m.
Movement C	6 - 9			5:00 p.m.		4:15 p.m. 7:15 p.m.	9:45 a.m.	11:15 a.m.
Movement D	10 - 12	5:45 p.m.		7:15 p.m.				9:00 a.m.
Stamina A	3 - 5	4:15 p.m.	5:00 p.m.			5:45 p.m.	10:30 a.m.	9:45 a.m.
Stamina B	6 - 9	5:45 p.m.		7:15 p.m.	5:00 p.m.	5:45 p.m.	9:00 a.m.	
Stamina C	10 - 12					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	5 - 8	5:00 p.m.	5:00 p.m.	4:15 p.m.	5:45 p.m.	4:15 p.m.	10:30 a.m.	10:30 a.m.
Introduction B	9 - 12	5:45 p.m.	4:15 p.m. 6:30 p.m.		7:15 p.m.	5:00 p.m. 6:30 p.m.	11:15 a.m.	
Development A	5 - 8	7:15 p.m.			5:00 p.m.		11:15 a.m.	9:45 a.m.
Development B	9 - 12		5:00 p.m.		4:15 p.m.	5:00 p.m.		10:30 a.m.
Mechanics A	5 - 8	6:30 p.m.				6:30 p.m.	9:45 a.m.	
Mechanics B	9 - 12	5:00 p.m.	5:45 p.m.			4:15 p.m.		11:15 a.m.

Please note that classes will be prorated according to the holiday schedule.

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TEEN PATHWAYS

120 minutes  
60 minutes  
45 minutes

High School Stroke Conditioning  
Precompetitive/Aquatic Conditioning  
Beginner/Intermediate

Facility Members: \$120 | Program Members: \$168  
Facility Members: \$60 | Program Members: \$84  
Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	10 - 17		5:00 p.m.		6:30 p.m.		9:00 a.m.	12:00 p.m.
Precompetitive	9 - 12 13 - 17	7:15 p.m.	6:30 p.m.	7:15 p.m.		7:15 p.m.		12:00 p.m.
Aquatic Conditioning	8 - 12			5:45 p.m.			11:15 a.m.	
Endurance, Sports, Games	8 - 12			5:00 p.m.				
High School Stroke Conditioning	13 - 17	5:00 p.m.		5:00 p.m.				

ADULT

45 minutes  
60 minutes

Beginner/Intermediate  
Ai Chi/Arthritis Foundation

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	18+	6:30 p.m.	5:45 p.m.		5:45 p.m.		8:15 a.m.	12:00 p.m.
Ai Chi	18+					11:30 a.m.		
Arthritis Foundation	18+	10:00 a.m.		10:00 a.m.				

SPECIAL NEEDS

45 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Tadpole I - Acclimation*	3 - 6 7 - 10				5:30 p.m. 5:30 p.m.			
Tadpole II - Movement*	3 - 6 7 - 10				6:15 p.m. 6:15 p.m.			
Tadpole III - Stamina*	7 - 10				7:00 p.m.			
Teen	13+				7:00 p.m.			

FOR ALL AGES

30 minutes  
30 minutes  
45 minutes

Private  
Semi-private  
Homeschool

Facility Plus/Facility Members: \$180 | Program Members \$232  
Facility Plus/Facility Members: \$103 | Program Members \$133  
Facility Members: \$56 | Program Members \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Private Lessons	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.	4:45 p.m. 5:15 p.m. 6:15 p.m.	8:00 a.m. 9:00 a.m. 9:30 a.m. 10:45 a.m. 11:45 a.m.	9:30 a.m. 11:00 a.m.
Semi-private Lessons	3+	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.	4:45 p.m. 5:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	8:30 a.m. 10:15 a.m. 11:15 a.m.	9:00 a.m. 10:00 a.m. 11:30 a.m.