

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

## SWIM STARTERS 30 minutes Facility Members: \$72 | Program Members: \$92

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: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A (1:3)	2.5 - 3		5:55 p.m.	4:15 p.m. 6:45 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			5:55 p.m.				
Acclimation D (1:6)	10 - 12							12:20 p.m.
Movement A (1:3)	2.5 - 3	5:05 p.m.		6:45 p.m.				11:30 a.m.
Movement B (1:4)	4 - 5	5:55 p.m.				4:15 p.m.	9:00 a.m.	9:50 a.m.
Movement C (1:6)	6 - 9	5:05 p.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	5:55 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: \$76 | Program Members: \$98

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.		5:05 p.m.	12:20 p.m.	
Mechanics A (1:6)	5 - 8				4:15 p.m.	6:45 p.m.		

# SKOR/DIVERSE ABILITIES

45 minutes

Facility Members: \$76 | Program Members: \$98

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.

# ADULT

60 minutes

45 minutes

Arthritis Foundation/Ai Chi

Swim Basics/Swim Strokes

Facility Members: \$67 | Program Members: \$83

Facility Members: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics Stages 1 - 3	18+					5:05 p.m.		
Swim Strokes Stages 4 - 6	18+					5:55 p.m.		
Aqua Arthritis	18+	10:00 a.m.		10:00 a.m.				
Ai Chi	18+					11:30 a.m.		

## COMPETITIVE

120 minutes  
60 minutes

HS Stroke (8 classes)  
Precompetitive

Facility Members: \$120 | Program Members: \$  
Facility Members: \$80 | Program Members: \$104

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Precompetitive	6 - 9 9 - 13			7:15 p.m.		7:15 p.m.	12:15 p.m.	
HS Stroke*	13 - 17	6:30 p.m.						12:15 p.m.

\*Once per week option available.

## FOR ALL AGES

30 minutes  
30 minutes

Private  
Semi-private

Facility Members: \$200 | Program Members: \$242  
Facility Members: \$125 | Program Members: \$155

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.