

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				5:45 p.m.		9:00 a.m.	10:45 a.m.
Exploration (1:6 pairs)	2.5 – 4	10:35 a.m.				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	9:45 a.m.	5:05 p.m.	6:45 p.m.		5:55 p.m.		
Acclimation B (1:4)	4 – 5	5:55 p.m.			4:15 p.m.	11:10 a.m.	10:40 a.m.	11:30 a.m.
Acclimation C (1:6)	6 – 9		5:55 p.m.	5:55 p.m.			1:10 p.m.	
Acclimation D (1:6)	10 – 12							12:20 p.m.
Movement A (1:3)	2.5 – 3	5:05 p.m.	4:15 p.m.	6:45 p.m.		10:20 a.m.		11:30 a.m.
Movement B (1:4)	4 – 5	11:10 a.m. 5:55 p.m.			5:05 p.m.	4:15 p.m.	9:00 a.m.	9:50 a.m.
Movement C (1:6)	6 – 9	5:05 p.m.		5:05 p.m.				
Movement D (1:6)	10 – 12	6:45 p.m.					9:50 a.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.		9:30 a.m.		
Stamina C (1:6)	6 – 9	4:15 p.m.	5:55 p.m.		4:15 p.m.	6:30 p.m.	9:50 a.m.	
Stamina D (1:6)	10 – 13						1:10 p.m.	

\*\*Approval needed.

SWIM STROKES

45 minutes

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Introduction A (1:6)	6 – 9	5:05 p.m. 6:45 p.m.	6:45 p.m.		5:55 p.m.	4:15 p.m. 7:30 p.m.	10:40 a.m.	
Introduction B (1:8)	10 – 13	5:55 p.m.	6:45 p.m.				9:50 a.m.	10:40 a.m.
Development A (1:6)	6 – 9	6:45 p.m.	5:05 p.m.				11:30 a.m.	
Development B (1:8)	10 – 13	7:30 p.m.				5:05 p.m.	12:20 p.m.	
Mechanics A (1:6)	6 – 9				5:05 p.m.	6:45 p.m.		
Mechanics B (1:8)	10 – 13	5:05 p.m.			6:45 p.m.			

SKOR/DIVERSE ABILITIES

45 minutes

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics	3 – 6				5:00 p.m.			9:00 a.m.
Swim Strokes	7 – 10				5:00 p.m. 6:00 p.m.			9:00 a.m.
Teen	11+				7:00 p.m.			

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## PRE-TEEN/TEEN

120 minutes  
60 minutes  
45 minutes

HS Stroke Conditioning  
Precompetitive  
Swim Basics/Swim Strokes

Facility Members: \$120 | Program Members: \$168  
Facility Members: \$80 | Program Members: \$104  
Facility Members: \$76 | Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics (1:6)	10 - 17			5:05 p.m.				
Swim Strokes (1:6)	10 - 17				7:30 p.m.			
Precompetitive (1:12)	9 - 13 14 - 17			7:15 p.m.		7:15 p.m.	12:15 p.m.	
HS Stroke Conditioning	13 - 17	6:30 p.m.						12:15 p.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 (1:6)	18+		9:00 a.m.	5:55 p.m.	9:00 a.m. 2:00 p.m.			
Ai Chi	18+					11:30 a.m.		
Aqua Arthritis	18+	10:00 a.m.		10:00 a.m.				

## 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.	4:15 p.m.	4:45 p.m.	4:15 p.m.	4:45 p.m.	9:15 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.	9:45 a.m.	10:30 a.m.
		6:15 p.m.	6:45 p.m.	6:15 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.	5:45 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.	6:45 p.m.	11:15 a.m.	10:00 a.m.
			6:15 p.m.		6:15 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.



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### Offerings include:

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- Workplace First Aid/CPR/AED
- Basic Life Support with First Aid
- Asthma Inhaler/Anaphylaxis & Epinephrine (EpiPen) Auto Injector
- Administering Emergency Oxygen

Visit the Certification Courses page of our website for registration information, fees, and our full list of offerings.