

Swim Lessons

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.	5:00 p.m.		5:45 p.m.	10:15 a.m.	9:00 a.m.	10:30 a.m.
Exploration A	19 - 30 months	6:30 p.m.	11:00 a.m. 5:45 p.m.	5:45 p.m.		10:45 a.m.	10:30 a.m.	
Exploration B	2.5 - 4	10:45 a.m.	5:45 p.m.	11:15 a.m.	6:30 p.m.	5:00 p.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	3 - 5	9:30 a.m. 4:15 p.m. 6:30 p.m.	9:30 a.m. 5:45 p.m. 7:15 p.m.	10:15 a.m. 4:15 p.m. 6:30 p.m.	5:00 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 B	6 - 9	5:45 p.m.	4:15 p.m.	5:00 p.m. 5:45 p.m.	4:15 p.m.	5:00 p.m. 7:15 p.m.	9:00 a.m.	9:00 a.m.
Acclimation C	10 - 12		5:00 p.m.	5:00 p.m.	6:30 p.m.		10:30 a.m.	9:45 a.m.
Movement A	3 - 5	11:20 a.m. 5:00 p.m.	10:15 a.m. 4:15 p.m.	6:30 p.m.	9:30 a.m. 5:45 p.m.	9:30 a.m. 6:30 p.m.	9:00 a.m.	11:15 a.m.
Movement B	6 - 9	4:15 p.m.	7:15 p.m.	5:00 p.m.	7:15 p.m.	4:15 p.m. 7:15 p.m.	9:45 a.m. 11:15 a.m.	11:15 a.m.
Movement C	10 - 12	5:45 p.m.		7:15 p.m.	5:00 p.m.			9:00 a.m.
Stamina A	3 - 5	4:15 p.m.	10:45 a.m. 5:00 p.m.	9:30 a.m. 5:45 p.m.	4:15 p.m.	5:45 p.m.	10:30 a.m.	9:45 a.m.
Stamina B	6 - 9	5:45 p.m.	5:45 p.m.	7:15 p.m.	5:00 p.m. 7:15 p.m.	5:45 p.m.	9:00 a.m.	10:30 a.m.
Stamina C	10 - 12		6:30 p.m.			6:30 p.m.	9:45 a.m.	11:15 a.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. 6:30 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.	5:00 p.m.	7:15 p.m.	5:00 p.m. 6:30 p.m.	11:15 a.m.	9:00 a.m.
Development A	5 - 8	7:15 p.m.		5:00 p.m.	5:00 p.m.	5:45 p.m.	11:15 a.m.	9:45 a.m.
Development B	9 - 12		5:00 p.m.	5:45 p.m.	4:15 p.m.	5:00 p.m.	12:00 p.m.	10:30 a.m.
Mechanics A	5 - 8	6:30 p.m.	6:30 p.m.		5:00 p.m.	6:30 p.m.	9:45 a.m.	12:00 p.m.
Mechanics B	9 - 12	5:00 p.m.	5:45 p.m.	6:30 p.m.		4:15 p.m.	10:30 a.m.	11:15 a.m.

Stroke Clinics - see page 6 for more information.

Swim Lessons

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TEEN PATHWAYS

60 minutes
45 minutes

Precompetitive
Beginner/Intermediate

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

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner	13 - 17						9:00 a.m.	12:00 p.m.
Intermediate	13 - 17				6:30 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.	12:00 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
Adult Beginner	18+	6:30 p.m.	12:00 p.m. 5:45 p.m.		7:00 a.m. 5:45 p.m.		8:15 a.m.	12:00 p.m.
Adult Intermediate	18+		7:00 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 A*	3 - 6				5:45 p.m.			
Tadpole I - Acclimation B	7 - 10				5:45 p.m.			
Tadpole II - Movement A	3 - 6				6:15 p.m.			
Tadpole II - Movement B	7 - 10				6:15 p.m.			
Tadpole III - Stamina B	7 - 10				7:00 p.m.			
Teen	11 - 18				7:00 p.m.			

*Parent participation required.

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. 5:45 p.m. 6:45 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. 12:45 p.m.	9:30 a.m. 10:30 a.m. 10:45 a.m. 11:15 a.m. 12:15 p.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. 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.	8:30 a.m. 10:15 a.m. 11:15 a.m. 12:15 p.m.	9:00 a.m. 10:00 a.m. 11:30 a.m. 12:45 p.m.
Homeschool Swim	6 - 12		9:00 a.m.					