

During the summer session the Hamilton Area YMCA is offering some of our Swim Lessons in convenient blocks to fit your busy schedule. Below are the blocks that are being offered:

BLOCK	DATES	MINUTES	CLASSES PER WEEK	NUMBER OF WEEKS	BRANCH	PROGRAM FEE	FACILITY FEE
1	June 18 - August 26	See offering	1 class	10 weeks	JKR or Sawmill	See offering	See offering
2	June 25 - July 6	45 minutes	5 classes	2 weeks	JKR Only	\$97	\$69
3	July 25 - August 3	45 minutes	5 classes	2 weeks	JKR Only	\$97	\$69
4	June 25 - July 20	45 minutes	3 classes	4 weeks	JKR or Sawmill	\$116	\$83
5	July 23 - August 24	45 minutes	3 classes	5 weeks	JKR or Sawmill	\$145	\$104
6	June 26 - July 19	45 minutes	2 classes	4 weeks	JKR or Sawmill	\$78	\$55
7	July 24 - August 23	45 minutes	2 classes	5 weeks	JKR or Sawmill	\$97	\$69
CLASS	AGE	BLOCKS 2 & 3 (M - F)		BLOCKS 4 & 5 (M/W/F)		BLOCKS 6 & 7 (T/TH)	
Beginner	4 - 7	10:15 a.m.		3:00 p.m. 3:45 p.m.		3:00 p.m. 3:45 p.m.	
Advanced	8 - 11	11:00 a.m.		3:00 p.m. 3:45 p.m.		3:00 p.m. 3:45 p.m.	

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

The swim lesson schedules below are **BLOCK 1** which runs **June 18 – August 26**.

SWIM STARTERS 30 minutes Facility Members: \$64 | Program Members \$89

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.	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.			9:45 a.m.	9:45 a.m.

SWIM BASICS 45 minutes Facility Members: \$69 | Program Members \$97

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.	10:15 a.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.	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. 5:45 p.m.		5:00 p.m. 7:15 p.m.	9:00 a.m.	9:00 a.m.
Acclimation D	10 - 12		5:00 p.m.				10:30 a.m.	
Movement A	3 - 5	11:15 a.m. 5:00 p.m.	4:15 p.m.	6:30 p.m.	9:30 a.m. 5:45 p.m.		9:00 a.m.	11:15 a.m.
Movement B	6 - 9			5:00 p.m.		4:15 p.m. 7:15 p.m.	9:45 a.m.	11:15 a.m.
Movement C	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.	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 Lessons at JKR

Contact Nicole Bizuga at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org

The swim lesson schedules below are BLOCK 1 which runs June 18 – August 26.

SWIM STROKES

45 minutes Facility Members: \$69 | Program Members \$97

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.		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.	5:45 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.			6:30 p.m.	9:45 a.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.

TEEN PATHWAYS

120 minutes High School Stroke Conditioning Facility Members: \$90 | Program Members: \$100
60 minutes Precompetitive/Aquatic Conditioning Facility Members: \$74 | Program Members: \$104
45 minutes Beginner/Intermediate Facility Members: \$69 | Program Members \$97

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.	12:00 p.m.
Aquatic Conditioning	8 – 12	5:00 p.m.		5:45 p.m.			11:15 a.m.	
Endurance, Sports, Games	8 – 12		5:45 p.m.	5:00 p.m.				9:45 a.m.
High School Stroke Conditioning	13 – 17	5:00 p.m.		5:00 p.m.				

ADULT

45 minutes Beginner/Intermediate Facility Members: \$69 | Program Members \$97
60 minutes Ai Chi/Arthritis Foundation Facility Members: \$58 | Program Members \$78

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: \$69 | Program Members: \$97

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.			

Swim Lessons

at JKR

Contact Nicole Bizuga at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org

The swim lesson schedules below are BLOCK 1 which runs June 18 – August 26.

FOR ALL AGES

30 minutes
30 minutes
45 minutes

Private
Semi-private
Homeschool

Facility Plus/Facility Members: \$224 | Program Members \$289
Facility Plus/Facility Members: \$128 | Program Members \$166
Facility Members: \$69 | Program Members \$97

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

Swim Lessons

at Sawmill

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Participants must have, at minimum, a Program Membership.

SWIM STARTERS

30 minutes

Facility Members: \$64 | Program Members \$89

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery	6 – 18 months			4:15 p.m.				
Exploration A	19 – 30 months		5:45 p.m.			5:00 p.m.	11:00 a.m.	
Exploration B	2.5 – 4				5:00 p.m.			

SWIM BASICS

45 minutes

Facility Members: \$69 | Program Members \$97

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

Swim Lessons at Sawmill

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SWIM STROKES

45 minutes Facility Members: \$69 | Program Members \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Introduction A	5 – 8	5:00 p.m.		4:15 p.m.	5:45 p.m.		9:30 a.m.	
Introduction B	9 – 12		5:00 p.m.		4:15 p.m.	5:45 p.m.	10:15 a.m.	
Development A	5 – 8		5:00 p.m.	3:30 p.m.				
Development B	9 – 12	5:45 p.m.		4:15 p.m.	5:45 p.m.	3:30 p.m.	9:30 a.m.	
Mechanics A	5 – 8		5:45 p.m.	5:00 p.m.	3:30 p.m.			
Mechanics B	9 – 12	5:00 p.m.		5:45 p.m.		3:30 p.m.	11:00 a.m.	

ADULT

45 minutes Beginner/Intermediate Facility Members: \$69 | Program Members \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	18+	5:00 p.m.	4:15 p.m.		5:45 p.m.		11:45 a.m.	

TEEN PATHWAYS

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 45 minutes Beginner/Intermediate Facility Members: \$69 | Program Members \$97

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner/Int.	10 – 17	5:45 p.m.			5:00 p.m.		11:45 a.m.	
Aquatic Conditioning	8 – 12		5:00 p.m.	5:45 p.m.				
Endurance, Sports, Games	8 – 12		5:45 p.m.					
High School Stroke Conditioning	13 – 17			4:15 p.m.		4:15 p.m.		

Summer Instruction or Recreation Swim Rentals

Looking for a summer swim program for your camp or preschool? We offer recreational and instructional times for groups to use our indoor pool! Our certified instructor will help students learn technique and build endurance in a safe environment.

Not looking for swim lessons?
 Your group can use the pool to cool off and have some open swim time!