

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

*Parent participation required.

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery* (1:10 pairs)	6 - 30 months	9:30 a.m. 5:55 p.m.	5:40 p.m.	5:05 p.m.	10:20 a.m.	10:20 a.m.		10:45 a.m.
Exploration* (1:6 pairs)	2.5 - 4	6:30 p.m.	10:20 a.m.	5:40 p.m.	5:55 p.m.	5:05 p.m.	9:50 a.m. 10:40 a.m.	9:50 a.m.

SWIM BASICS

45 minutes

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

**Block Schedule. See page 12 for details.

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A (1:3)	2.5 - 3	10:05 a.m. 6:45 p.m.**	11:45 a.m. 5:55 p.m.	4:15 p.m. 6:45 p.m.**	5:05 p.m.		9:50 a.m.	10:45 a.m.
Acclimation B (1:4)	4 - 5	10:55 a.m. 5:55 p.m.**	9:30 a.m. 5:55 p.m.	10:20 a.m. 4:15 p.m. 5:55 p.m.**	9:30 a.m. 4:15 p.m.	11:45 a.m. 5:55 p.m.	9:50 a.m. 12:00 p.m.	9:00 a.m. 11:25 a.m.
Acclimation C (1:6)	6 - 9		4:15 p.m.**	5:05 p.m.	4:15 p.m.**	5:05 p.m. 7:30 p.m.	11:25 a.m.	
Acclimation D (1:6)	10 - 12				5:05 p.m.			
Movement A (1:3)	2.5 - 5	5:05 p.m.	10:55 a.m. 4:15 p.m.**		4:15 p.m.** 5:55 p.m.	9:30 a.m.	11:25 a.m.	9:50 a.m.
Movement B (1:6)	4 - 5	11:45 a.m. 5:05 p.m.	4:15 p.m. 6:45 p.m.	6:45 p.m.**	6:45 p.m.	10:55 a.m. 6:45 p.m.**	9:00 a.m.	11:25 a.m.
Movement C (1:6)	6 - 9		5:05 p.m.	7:30 p.m.**		4:15 p.m. 7:30 p.m.**	9:50 a.m.	11:25 a.m.
Movement D (1:6)	10 - 12	5:55 p.m.		7:30 p.m.				9:00 a.m.
Stamina A (1:3)	2.5 - 3		5:05 p.m.**	11:05 a.m.	10:55 a.m. 5:05 p.m.**		10:40 a.m.	
Stamina B (1:4)	4 - 5	4:15 p.m.		5:05 p.m.				9:50 a.m.
Stamina C (1:6)	6 - 9	4:15 p.m.	4:15 p.m.**		4:15 p.m.**	5:05 p.m.**	12:15 p.m.	
Stamina D (1:6)	10 - 12		6:45 p.m.**			6:45 p.m.**		

SWIM STROKES

45 minutes

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

*Swim evaluation required.
**Block Schedule. See page 12 for details.

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Foundation 1A* (1:4)	4 - 5		5:05 p.m.**	9:30 a.m.	5:05 p.m.**		11:25 a.m.	
Introduction A (1:6)	6 - 9	5:05 p.m.		4:15 p.m.** 5:55 p.m.	5:55 p.m.	4:15 p.m.**	10:40 a.m.	10:45 a.m.
Introduction B (1:8)	10 - 12	5:55 p.m.	4:15 p.m. 6:45 p.m. 7:30 p.m.**	5:05 p.m.	7:30 p.m.**	5:05 p.m. 6:45 p.m.		9:00 a.m.
Development A (1:6)	6 - 9	6:45 p.m.		4:15 p.m.**	5:05 p.m.	4:15 p.m.**	11:25 a.m.	9:50 a.m.
Development B (1:8)	10 - 12	7:30 p.m.	5:05 p.m.**	5:55 p.m.	4:15 p.m.	5:05 p.m.**		10:45 a.m.
Mechanics A (1:6)	6 - 9		5:05 p.m.		4:15 p.m.	6:45 p.m.		
Mechanics B (1:8)	10 - 12	5:05 p.m.	5:55 p.m.	6:45 p.m.		4:15 p.m.	10:40 a.m.	11:25 a.m.
Conditioning A (1:8)	6 - 9			5:05 p.m.		5:55 p.m.		
Conditioning B (1:8)	10 - 12		6:45 p.m.		7:30 p.m.		12:15 p.m.	

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TEEN PATHWAYS 120 minutes High School Stroke Conditioning Facility Members: \$120 | Program Members: \$168
 60 minutes Precompetitive/Aquatic Conditioning Facility Members: \$60 | Program Members: \$84
 45 minutes Beginner/Intermediate Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner (1:6)	10 - 17	4:15 p.m.		5:55**		5:55 p.m.**		
Intermediate (1:6)	10 - 17			5:55 p.m.				
Precompetitive (1:12)	9 - 12 13 - 17			7:15 p.m.		7:15 p.m.	12:00 p.m.	
High School Conditioning	13 - 17	7:00 p.m.		7:00 p.m.				12:00 p.m.

**Block Schedule. See page 12 for details.

ADULT 45 minutes Beginner/Intermediate Facility Members: \$56 | Program Members: \$78
 60 minutes Ai Chi/Arthritis Foundation Facility Members: \$47 | Program Members: \$63

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Beginner (1:6)	18+	6:45 p.m.**		7:30 p.m.	6:45 p.m.**		8:15 p.m.	12:00 p.m.
Intermediate (1:6)	18+		5:55 p.m.			5:55 p.m.		
Ai Chi	18+					11:30 a.m.		
Arthritis Foundation	18+	10:00 a.m.**		10:00 a.m.**				

**Block Schedule. See page 12 for details.

SPECIAL NEEDS 45 minutes Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Tadpole A	3 - 6				5:00 p.m. 6:00 p.m.			
Tadpole B	7 - 10				5:00 p.m. 6:00 p.m. 7:00 p.m.			
Pre-Teen/Teen	11+				7:00 p.m.			

FOR ALL AGES 30 minutes Private Facility Plus/Facility Members: \$180 | Program Members: \$232
 30 minutes Semi-private Facility Plus/Facility Members: \$103 | Program Members: \$133

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Private (1:1)	3+	4:45 p.m. 6:45 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.	9:00 a.m. 9:30 a.m. 10:45 a.m. 11:15 a.m.	9:30 a.m. 10:30 a.m. 11:00 a.m.
Semi-private (1:2)	3+	4:15 p.m. 5:15 p.m. 6:15 p.m.	6:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	4:45 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.

NEW! Block Schedule

Are you looking to improve skills in a shorter time? Does your swimmer want more pool time? Classes marked with two stars on pages 10 - 11 will be offered twice per week for 4 weeks. Class length and fees are the same for all offerings.

BLOCK NUMBER	SESSION DATES	FACILITY/FACILITY PLUS REGISTRATION	PROGRAM/NON-MEMBER REGISTRATION
Session 1	March 4 - March 31	February 18	February 25
Session 2	April 1 - April 28	March 18	March 25