

Swim Starters- Parent/Child *	45 minutes		Facility Member Fee \$	60	Program Member Fee \$	115		
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Discovery/Exploration (1:4 pairs) *Parent Participation	6 mo-3 years	5:00 p.m.					11:00 a.m. 12:00 p.m.	

*Parent participation required

Swim Basics	45 minutes		Facility Member Fee \$	60	Program Member Fee \$	115		
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Acclimation/ Movement- A (1:4) *Parent Participation	2.5 - 5 years		5:00 p.m.	5:00 p.m.	5:00 p.m.		9:00 a.m. 11:00 a.m.	
Acclimation/ Movment- B (1:4) *Parent Participation	6-8 years						9:00 a.m. 11:00 a.m.	
Acclimation/ Movement- C	9-13 years	3:00 P.M.						
Acclimation/Movement- D	14-17 years		4:00 p.m.					
Stamina A (1:3)	4-5 years			4:00 p.m.				
Stamina- B (1:3)	6-9 years	4:00 p.m.		4:00 p.m.				
Stamina- C (1:3)	10-13 years			6:00 p.m.	4:00 p.m.			
Stamina D (1:3)	14-17 years		5:00 p.m.					

Swim Strokes	45 minutes		Facility Member Fee \$	60	Program Member Fee \$	115		
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Introduction- A (1:4)	6-9 years	4:00 p.m.			5:00 p.m.			
Introduction- B (1:4)	10-13 years		5:00 p.m.	5:00 p.m.				
Introduction-C (1:4)	14-17 years	3:00 p.m.						
Development- A (1:4)	6-9 years		5:00 p.m.		4:00 p.m.			
Development- B (1:4)	10-13 years			4:00 p.m.				
Development-C (1:4)	14-17 years						10:00 a.m.	

*Swim Evaluation required

Pre Teen & Teen- Pathways	45 minutes	HS Stroke Wed & Sat	Facility Member Fee \$	120	Program Member Fee \$	130		
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Pre-competitive Training (1:4)	9-13 years	6:00 p.m.	6:00 p.m.		6:00 p.m.			

Adult- Pathways	45 minutes	Swim Basics/ Swim Strokes	Facility Member Fee \$	60	Program Member Fee \$	115		
	45 minutes	Aquatic Arthritis	Facility Member Fee \$	60	Program Member Fee \$	115		
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Swim Basics (1:2)		5:00 p.m.	11:00 a.m.		11:00 a.m.			
Swim Strokes (1:2)	18+			11:00 a.m.			10:00 a.m.	
Aquatic Arthritis (1:5)	18+		11:00 a.m.		11:00 a.m.			

Private/ Semi-private 45 minutes please contact Nicole Bizuga at nbizuga@hamiltonymca.org

Diversity of Abilities	45 minutes		please contact Nicole Bizuga at nbizuga@hamiltonymca.org					
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Swim Basics- A (1:4) *Parent Participation	3-8 years			4:00 p.m. 5:00 p.m.				11:00 a.m.
Swim Basics- B (1:4)	9-18 years			6:00 p.m.				
Swim Strokes- A (1:4) *Parent Participation	6-8 years			5:00 p.m.				
Swim Strokes- B (1:4)	9-18 years							12:00 p.m.