

GROUP SWIM LESSONS

Niles-Buchanan YMCA

GROUP LESSONS

30-Minute: Member: \$73.50 • Non-Member: \$147

45-Minute: Member: \$84 • Non-Member: \$168

PRIVATE/SEMI-PRIVATE LESSONS *5 punches*

Private: Member: \$90 • Non-Member: \$180

Semi-Private: Member: \$70 • Non-Member: \$140

INFANT/TODDLER 6 Months–3 Years	Length	MON	TUE	WED	THUR	FRI	SAT
Water Discovery	30 min	5:00 PM		5:30 PM			9:30 AM
Water Exploration	30 min	5:00 PM		5:30 PM			9:30 AM
PRESCHOOL 3–5 Years		MON	TUE	WED	THUR	FRI	SAT
Water Acclimation with Parent	30 min	5:00 PM					9:30 AM
Water Acclimation	30 min	5:30 PM	11:30 AM	5:00 PM			9:00 AM
Water Movement	30 min	6:00 PM	11:30 AM 6:00 PM	11:00 AM 6:00 PM			11:00 AM
Water Stamina/ Stroke Introduction	30 min		6:30 PM	11:00 AM 6:30 PM			11:30 AM
SCHOOL AGE 6–12 Years		MON	TUE	WED	THUR	FRI	SAT
Water Acclimation/ Water Movement	45 min	6:30 PM	3:45 PM 6:30 PM	6:30 PM			10:15 AM
Water Stamina	45 min	6:30 PM	3:45 PM 6:30 PM	6:30 PM			11:30 AM *30 min class
Stroke Introduction	45 min	6:30 PM		6:30 PM			11:30 AM *30 min class
Stroke Development	45 min	6:30 PM					
Stroke Mechanics	45 min	6:30 PM					
ADULT 13+ Years		MON	TUE	WED	THUR	FRI	SAT
Adult Lessons	45 min	Please register for private or semi-private lessons. Days & times vary.					
SPECIALTY		MON	TUE	WED	THUR	FRI	SAT
Just for You Ages 6–14	30 min		5:30 PM				

**LIFEGUARD
CERTIFICATION**

Check our website for upcoming courses!
www.ymcagm.org