



AQUATICS

(540) 943-9622 ext. 206 | ymcaaquatics@lumos.net

GROUP SWIM LESSONS

Y Member: \$60 for 8 Lessons
Program Member: \$100 for 8 Lessons

Anyone can learn to swim! Our lessons fit students into different swim levels to maximize the learning potential of every session. Stages available in Parent/Child, Stage 1 Water Acclimation, Stage 2 Water Movement, and Stage 3 Water Stamina. 8 sessions of swim lessons. Except for parent/child classes, 6 kids max per class unless the class has a second instructor.

	Monday	Tuesday	Thursday	Saturday
Parent & Child	10:30-11:00am		10:30-11:00am	9:00-9:30am
Preschool Stage 1	4:00-4:30pm		4:00-4:30pm	9:30-10:00am
Preschool Stage 2	4:30-5:00pm	4:00-4:30pm	4:30-5:00pm	10:15-10:45
Preschool Stage 3		4:30-5:00pm		
Youth Stage 1	5:00-5:30pm		5:00-5:30pm	11:15-11:45am
Youth Stage 2	5:30-6:00pm	5:00-5:30pm		
Youth Stage 3		5:30-6:00pm		

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private Swim Lessons

Private lessons with one of our swim instructors. Private Swim Lesson Packages come in 5-session and 9-session packages. If you are interested in private, please contact our Swim Lesson Coordinator Erica Cotton at ecottonymca@lumos.net

	5-session Package	9-session Package
Y Member	\$125	\$150
Non-Member	\$200	\$250

Semi-Private Swim Lessons

Semi-private lessons include up to 3 kids with one of our swim instructors. Semi-Private Swim Lesson Packages come in 5-session and 9-session packages. If you are interested in a semi private lessons or have swim lesson questions, please contact our Swim Lesson Coordinator Erica Cotton at ecottonymca@lumos.net

	5-session Package	9-session Package
Y Member	\$75	\$100
Non-Member	\$150	\$175