



Itasca County Family YMCA Swimming Lessons

Swimming lessons for all abilities. Our lessons span from the beginner to the advanced. The goal is to positively reinforce safety while teaching practical and age appropriate swimming skills. Cost YMCA members \$30 Community members \$55

Group lessons ages 3 and up

Tuesdays/Thursdays 3:45pm or 4:35pm 3 week sessions

Fall 1 September 12th – September 28th **Fall 2** October 10th – October 26th
Fall 3 October 31st – November 16th **Fall 4** November 28th – December 14th
Winter 1 January 2nd – January 18th **Winter 2** January 30th – February 15th

Saturdays 10:00am or 10:45am

Fall 1 September 9th – October 14th **Fall 2** October 28th – December 2nd
Winter 1 January 6th – February 10th

YMCA PAC Swim Lessons (for parent & child) ages 2-4

4 week sessions

Fall 1 September 6th– September 27th **Fall 2** October 4th–October 25th
Fall 3 November 1st–November 22nd **Winter 1** January 3rd–January 24th

YMCA WaterBabies

Ages 6-24 months with their favorite adult. 6 – 30 minute lessons

Mondays 10:30am – 11:00am

Fall 1 September 11th – October 16th **Fall 2** October 23rd – November 27th
Winter 1 January 8th – February 12th

Wednesdays 10:30am – 11:00am

Fall 1 September 13th – October 18th **Fall 2** October 25th – November 29th
Winter 1 January 10th – February 14th

Saturdays 10:00am – 10:30am

Fall 1 September 9th – October 14th **Fall 2** October 28th – December 2nd
Winter 1 January 6th – February 10th

YMCA Private Swim Lessons

Private swim lessons are available for ages 3 to adult. Fee includes 5 ~ 30 minute, one-on-one lessons. To set up private lessons call the YMCA at 218-327-1161 to register and pay and an instructor will contact you to schedule your lessons.

Cost: YMCA members – \$55: Community members \$80

YMCA Adult lap swim instruction

Improve your swimming with small group instruction in a casual setting. Participants will swim during regular lap swim and receive instruction on improving their kick, pull, breathing or other stroke mechanics. Goals will be to improve your swimming speed and to instruct on proper technique which can be helpful in curbing an over use injury. Instructor, Laurie Shepherd, experienced educator, coach and water safety instructor. Tuesdays and Thursdays 11am-11:30am Cost: Free to YMCA members Community members must purchase a day pass.