



ITASCA COUNTY FAMILY YMCA SWIMMING LESSONS

SWIMMING LESSONS

For all abilities. Our lessons span from the beginner swimmer 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 & Up)

Tuesdays & Thursdays (six lessons in three weeks)

Choose Time: 3:45 – 4:30pm or 4:35 – 5:20pm

Spring 3: April 25 - May 11

Spring 4: May 16 - June 1

SUMMER:

Monday – Thursday (8 lessons in 2 weeks)

Choose: 3:00-3:45pm or 3:45-4:30pm

6/5/17 – 6/15/17

6/19/17 – 6/29/17

7/10/17 – 7/20/17

7/24/17 – 8/3/17

8/7/17-8/17/17

8/21/17 – 8/31/17

PAC (3-5 year olds Parent and Child)

Wednesdays 4-4:45pm

Spring 2: May 10 - Jun 14

SUMMER:

Wednesdays, 4:30pm – 5:30pm

6/7/17 – 6/28/17

7/12/17 – 8/2/17

8/9/17 – 8/30/17

WATERBABIES for ages 6 - 36 months

A swim program for babies and a parent or grandparent. Six 30-minute lessons allow your young child time to get comfortable in the pool. Instructor will teach parents fun ways to teach beginning swimming and water safety skills to their babies.

Cost: YMCA Members - \$30 Community Members - \$55

Mondays: 10:30-11:00am

Wednesdays: 5:30-6:00pm

5/08/17 – 6/12/17

5/31/17 – 6/27/17

7/10/17 – 8/14/17

7/12/17 – 8/16/17

PRIVATE LESSONS

One-on-one swimming instruction is available for children and adults. From the beginning swimmer to the competitive swimmer, we have a teacher for you! Please contact Monica in the Aquatics Department to set up your lessons. **Email:** monicab@ymcaitasca.org

Cost: Members: \$55/five 30 minute lessons

Community: \$80/five 30 minute lessons

ADULT INSTRUCTION

Improve your swimming with small group instruction in a casual setting. Participants will swim during regular lap swim time 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 overuse injury. **Instructor:** Laurie Shepherd, experienced educator, coach and Water Safety Instructor

Tuesdays & Thursdays: 11am-11:30am

Cost: YMCA Members - free

Community Members - must purchase an adult day pass