



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP SWIM LESSONS

Infant & Preschool Lessons:

Each Infant and Preschool Class runs 25-30 minutes

LEVEL 0 (SHRIMPS):

For Infants Ages 6-36 months
AND their parents (required)

Wednesdays: 11:30am
Saturdays: 8:00am, 8:30am

LEVEL P-1 (PIKE):

For Children Ages 3-5 years

Mondays: 4:30pm, 6:30pm
Tuesdays: 5pm
Wednesdays: 11:30am, 6pm
Thursdays: 6:30pm
Fridays: 4:30pm, 6pm
Saturdays: 9am, 10am, 11am

LEVEL P-2 (EEL):

For Children Ages 3-5 years

Mondays: 6pm
Wednesday: 10:30am, 4:30pm
Thursdays: 5pm
Fridays: 5:30pm
Saturdays: 9:30am, 11:30am

LEVEL P-3 (RAY):

For Children Ages 3-5 years

Tuesdays: 6:30pm
Wednesday: 10am
Fridays: 5pm
Saturdays: 10:30am

LEVEL P-4 (STARFISH):

For Children Ages 4-6 years

Wednesdays: 6:30pm

Youth & Adult Lessons:

Each Youth and Adult Class runs for 40-45 minutes

LEVEL G-1 (POLLIWOG):

For Youth Ages 6-14 years

Mondays: 5pm
Tuesdays: 5:30pm
Wednesdays: 5pm
Thursdays: 7:15pm
Fridays: 6:30pm
Saturdays: 10am, 12:15pm

LEVEL G-2 (GUPPY):

For Youth Ages 6-14 years

Tuesdays: 4:15pm
Wednesdays: 7:15pm
Thursdays: 5:30pm
Saturdays: 10:45pm

LEVEL G-3 (MINNOW):

For Youth Ages 6-14 years

Mondays: 7:15pm
Thursdays: 4:15pm
Saturdays: 11:30pm

LEVEL G-4 (FLYING FISH):

For Youth Ages 6-14 years

Saturdays: 1pm

A-1 (ADULT BEGINNER):

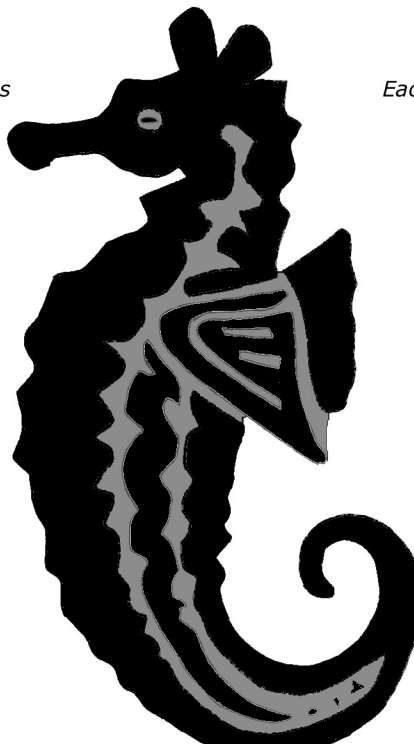
For Adults Ages 15 and older

Tuesdays: 7:15pm
Saturdays: 12:15pm

A-2 (ADULT INTERMEDIATE):

For Adults Ages 15 and older

Fridays: 7:15pm



IMPORTANT INFORMATION:

A full session of classes is
composed of 6 lessons

Each class session (6 lessons)
costs
\$35 for members
and
\$55 for the general public
(Shrimp Classes are all \$35)

Lessons are offered year-round,
but spaces are often limited

Please see attached for details
on placement and registration

Call The Bryan YMCA at
(336)478-9622 for more info.

