



Swim Academy Lessons Schedule

2009 SESSION 6 • November 2 - December 20

DOWNTOWN YMCA • 612-371-8740 PHONE • 612-317-9967 FAX

BUILDING HOURS

Monday-Friday: 5:30a.m. - 9:30 p.m.
 Saturday: 7:00 a.m. - 7:00 p.m.
 Sunday: 8:00 a.m. - 7:00 p.m.

SWIM FEES

Adult, Metro Family
 and Dual Members
 • Swim Lesson: \$25
 • Specialty: \$30

Non-Members
 • Swim Lesson: \$85
 • Specialty: \$90

Register at
www.ymcatwincities.org

AFYAP, FIT and MS
 • Members: Free
 • Non-Members: \$4

PRIVATE/SEMI-PRIVATE LESSON FEES

Private
 Members

• 1 lesson: \$32
 • 3 lessons: \$85
 • 7 lessons: \$180

Private
 Non-Members

• 1 lesson: \$55
 • 3 lessons: \$150
 • 7 lessons: \$325

Semi-Private
 Member

• 1 lesson: \$38
 • 3 lessons: \$110
 • 7 lessons: \$230

Semi-Private
 Non-Members

• 1 lesson: \$70
 • 3 lessons: \$200
 • 7 lessons: \$400

MONDAY, BEGINS NOVEMBER 2 • 7 week classes (once a week for 7 weeks)

| | | | | | | |
|------|----|------|----|------------|---|------------|
| 5:35 | to | 6:15 | pm | Teen/Adult | Adult Basic Water Adjustment | 02271 - 10 |
| 5:35 | to | 6:15 | pm | Teen/Adult | Adult Stroke Development | 02272 - 10 |
| 6:20 | to | 7:00 | pm | Teen/Adult | Adult Stroke Technique - Front and Back Crawl | 02273 - 10 |

WEDNESDAY, BEGINS NOVEMBER 4 • 7 week classes (once a week for 7 weeks)

| | | | | | | |
|------|----|------|----|------------|---|------------|
| 5:35 | to | 6:15 | pm | Teen/Adult | Adult Basic Water Adjustment | 02271 - 30 |
| 5:35 | to | 6:15 | pm | Teen/Adult | Adult Stroke Development | 02272 - 30 |
| 6:20 | to | 7:00 | pm | Teen/Adult | Adult Stroke Technique - Front and Back Crawl | 02273 - 30 |

SATURDAY, BEGINS NOVEMBER 7 • 7 week classes (once a week for 7 weeks)

| | | | | | | |
|-------|----|-------|----|--------------|---|------------|
| 9:00 | to | 9:40 | am | Teen/Adult | Adult Basic Water Adjustment | 02271 - 60 |
| 9:00 | to | 9:40 | am | Teen/Adult | Adult Stroke Development | 02272 - 60 |
| 9:00 | to | 9:40 | am | Teen/Adult | Adult Stroke Technique - Front and Back Crawl | 02273 - 60 |
| 10:00 | to | 10:30 | am | Parent/Child | Sea Turtle | 02226 - 60 |
| 10:00 | to | 10:30 | am | Parent/Child | Sea Lion | 02227 - 60 |
| 10:00 | to | 10:30 | am | Preschool | Pike | 02200 - 60 |
| 10:00 | to | 10:30 | am | Preschool | Eel | 02202 - 60 |
| 10:00 | to | 10:30 | am | Preschool | Ray/Starfish | 02222 - 60 |
| 10:35 | to | 11:15 | am | School Age | Polliwog | 02238 - 60 |
| 10:35 | to | 11:15 | am | School Age | Guppy | 02239 - 60 |
| 10:35 | to | 11:15 | am | School Age | Minnow | 02207 - 60 |
| 10:35 | to | 11:15 | am | School Age | Fish/Flying Fish | 02224 - 60 |

SUNDAY, BEGINS NOVEMBER 8 • 7 week classes (once a week for 7 weeks)

| | | | | | | |
|------|----|------|----|------------|----------|------------|
| 1:30 | to | 2:00 | pm | Preschool | Pike | 02200 - 70 |
| 1:30 | to | 2:00 | pm | Preschool | Eel | 02202 - 70 |
| 2:05 | to | 2:45 | pm | School Age | Polliwog | 02238 - 70 |
| 2:05 | to | 2:45 | pm | School Age | Guppy | 02239 - 70 |

**REGISTRATION BEGINS
 OCTOBER 2, 2009**

**No lessons on Thanksgiving. Thursday lessons will be prorated.*



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TUES. AND THUR. SESSION 6A, NOVEMBER 3 - NOVEMBER 24

(2 classes per week for 3.5 weeks) *No Class Thanksgiving. Fee will be prorated.

| | | | | | | |
|------|----|------|----|------------|---|------------|
| 5:35 | to | 6:15 | pm | Teen/Adult | Adult Basic Water Adjustment | 02271 - 90 |
| 5:35 | to | 6:15 | pm | Teen/Adult | Adult Stroke Development | 02272 - 90 |
| 6:20 | to | 7:00 | pm | Teen/Adult | Adult Stroke Technique - Front and Back Crawl | 02273 - 90 |

TUES. AND THUR. SESSION 6B, DECEMBER 1 - DECEMBER 22

(2 classes per week for 3.5 weeks) *No Class Thanksgiving. Fee will be prorated

| | | | | | | |
|------|----|------|----|------------|---|------------|
| 5:35 | to | 6:15 | pm | Teen/Adult | Adult Basic Water Adjustment | 02271 - 95 |
| 5:35 | to | 6:15 | pm | Teen/Adult | Adult Stroke Development | 02272 - 95 |
| 6:20 | to | 7:00 | pm | Teen/Adult | Adult Stroke Technique - Front and Back Crawl | 02273 - 95 |

REGISTRATION BEGINS
OCTOBER 2, 2009

**No lessons on Thanksgiving. Thursday lessons will be prorated.*