



# Swim Academy Lessons Schedule

## 2009 SESSION 6 • November 2 - December 20

East YMCA • 651-771-8881 PHONE • 651-793-3565 FAX

### BUILDING HOURS

Monday-Friday: 5:30 a.m. - 9:00 p.m.  
 Saturday: 7:00 a.m. - 6:00 p.m.  
 Sunday: 10:00 a.m. - 6:00 p.m.

### KIDS STUFF HOURS

Monday-Friday: 8:45 a.m. - 1:15 p.m. & 4:15 - 8:45 p.m.  
 Saturday: 8:15 a.m. - 1:15 p.m.  
 Sunday: 1:30 - 5:30 p.m.

### SWIM FEES

Adult, Metro Family

- Swim Lesson: \$25
- Specialty: \$30

- St. Paul Family
- Swim Lesson: \$45
  - Specialty: \$50

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

### Register at

[www.ymcatwincities.org](http://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)

11:00	to	11:40	am	Specialty/Family	Water Triathlon Training	02511 - 10
4:45	to	5:15	pm	Parent/Child	Sea Lion	02227 - 10
4:45	to	5:15	pm	Preschool	Pike 1	02201 - 10
4:45	to	5:15	pm	Preschool	Eel	02202 - 10
4:45	to	5:25	pm	School Age	Polliwog 1	02205 - 10
4:45	to	5:25	pm	School Age	Guppy 1	02206 - 10
4:45	to	5:25	pm	School Age	Minnow	02207 - 10
5:20	to	6:00	pm	Specialty/Family	Swimming Crew	02514 - 10
5:20	to	5:50	pm	Parent/Child	Seahorse	02228 - 10
5:20	to	5:50	pm	Preschool	Pike	02200 - 10
5:20	to	5:50	pm	Preschool	Ray	02203 - 10
5:30	to	6:10	pm	School Age	Polliwog	02238 - 10
5:30	to	6:10	pm	School Age	Guppy 2	02236 - 10
5:30	to	6:10	pm	School Age	Fish	02208 - 10
6:00	to	6:30	pm	Preschool	Pike 2	02231 - 10
6:00	to	6:30	pm	Preschool	Eel	02202 - 11
6:00	to	6:30	pm	Preschool	Ray	02203 - 11
6:00	to	6:30	pm	Preschool	Starfish	02204 - 10
6:15	to	6:55	pm	School Age	Guppy	02239 - 10
6:15	to	6:55	pm	School Age	Minnow	02207 - 11
6:15	to	6:55	pm	School Age	Flying Fish	02209 - 10
6:15	to	6:55	pm	Teen/Adult	Teen Beginner	02212 - 10
6:35	to	7:15	pm	School Age	Polliwog 2	02235 - 10
7:00	to	7:40	pm	Teen/Adult	Adult Basic Water Adjustment	02271 - 10
7:00	to	7:40	pm	Teen/Adult	Adult Stroke Technique - Front and Back Crawl	02273 - 10
7:00	to	7:40	pm	Teen/Adult	Adult Fitness Swimming	02275 - 10

**REGISTRATION BEGINS OCTOBER 2, 2009**

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### TUESDAY, BEGINS NOVEMBER 3 • 7 week classes (once a week for 7 weeks)

4:30	to	5:00	pm	Preschool	Pike	02200 - 20
4:30	to	5:10	pm	School Age	Polliwog	02238 - 20
4:30	to	5:10	pm	School Age	Fish	02208 - 20
5:05	to	5:35	pm	Preschool	Eel	02202 - 20
5:15	to	5:55	pm	School Age	Guppy	02239 - 20
5:15	to	5:55	pm	School Age	Minnow	02207 - 20
5:40	to	6:10	pm	Preschool	Ray/Starfish	02222 - 20

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

10:45	to	11:15	am	Preschool	Pike	02200 - 30
10:45	to	11:15	am	Preschool	Eel	02202 - 30
10:45	to	11:15	am	Preschool	Ray/Starfish	02222 - 30
4:45	to	5:15	pm	Parent/Child	Seahorse	02228 - 30
4:45	to	5:15	pm	Preschool	Pike 1	02201 - 30
4:45	to	5:15	pm	Preschool	Eel	02202 - 31
4:45	to	5:25	pm	Specialty/Family	Swimming Crew Jr.	02515 - 30
4:45	to	5:25	pm	School Age	Polliwog	02238 - 30
4:45	to	5:25	pm	School Age	Guppy 2	02236 - 30
4:45	to	5:25	pm	School Age	Minnow	02207 - 30
5:20	to	5:50	pm	Preschool	Pike 2	02231 - 30
5:20	to	5:50	pm	Preschool	Eel	02202 - 32
5:20	to	5:50	pm	Preschool	Ray	02203 - 30
5:20	to	5:50	pm	Preschool	Starfish	02204 - 30
5:30	to	6:10	pm	Specialty/Family	Swimming Crew	02514 - 30
5:30	to	6:10	pm	School Age	Polliwog 2	02235 - 30
5:30	to	6:10	pm	School Age	Guppy	02239 - 30
5:30	to	6:10	pm	School Age	Fish	02208 - 30
6:00	to	6:30	pm	Parent/Child	Sea Lion	02227 - 30
6:00	to	6:30	pm	Preschool	Pike	02200 - 31
6:00	to	6:30	pm	Preschool	Ray/Starfish	02222 - 31
6:15	to	6:55	pm	School Age	Polliwog 1	02205 - 30
6:15	to	6:55	pm	School Age	Guppy 1	02206 - 30
6:15	to	6:55	pm	School Age	Minnow	02207 - 31
6:15	to	6:55	pm	Teen/Adult	Adult Stroke Technique - Breast, Side and Elementary Backstroke	02276 - 30
6:35	to	7:15	pm	School Age	Flying Fish/Shark	02225 - 30
7:00	to	7:40	pm	Teen/Adult	Teen Intermediate	02213 - 30
7:00	to	7:40	pm	Teen/Adult	Adult Stroke Development	02272 - 30
7:00	to	7:40	pm	Specialty/Family	Water Triathlon Training	02511 - 30

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

10:00	to	10:30	am	Preschool	Pike 1	02201 - 60
10:00	to	10:30	am	Preschool	Pike 2	02231 - 60
10:00	to	10:30	am	Preschool	Eel	02202 - 60
10:00	to	10:40	am	School Age	Polliwog 1	02205 - 60
10:00	to	10:40	am	School Age	Guppy 1	02206 - 60
10:00	to	10:40	am	School Age	Minnow	02207 - 60
10:35	to	11:05	am	Preschool	Pike	02200 - 60
10:35	to	11:05	am	Preschool	Starfish	02204 - 60
10:35	to	11:15	am	School Age	Polliwog 2	02235 - 60
10:45	to	11:25	am	School Age	Guppy 2	02236 - 60
10:45	to	11:25	am	School Age	Minnow	02207 - 61
10:45	to	11:25	am	School Age	Flying Fish	02209 - 60
11:10	to	11:40	am	Parent/Child	Seahorse	02228 - 60
11:10	to	11:40	am	Preschool	Ray	02203 - 60
11:20	to	11:50	am	Preschool	Eel	02202 - 61
11:30	to	12:10	pm	School Age	Fish	02208 - 60
11:30	to	12:10	pm	School Age	Shark	02210 - 60
11:45	to	12:25	pm	School Age	Polliwog	02238 - 60

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