



Swim Academy Lessons Schedule

2009 SESSION 6 • November 2 - December 20

Elk River YMCA • 763.230.2800 PHONE • 763.441.2764 FAX

BUILDING HOURS

Monday-Friday: 5:00 a.m. - 10:00 p.m.
 Saturday: 7:00 a.m. - 8:00 p.m.
 Sunday: 7:00 a.m. - 8:00 p.m.

KIDS STUFF HOURS

Monday-Friday: 8:00 a.m. - 8:30 p.m.
 Saturday: 8:00 a.m. - 4:00 p.m.
 Sunday: 11:00 a.m. - 4:00 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)

4:30	to	5:00	pm	Parent/Child	Seahorse	02228 - 10
4:30	to	5:00	pm	Preschool	Pike 1	02201 - 10
4:30	to	5:00	pm	Preschool	Eel	02202 - 10
4:30	to	5:10	pm	School Age	Polliwog 1	02205 - 10
4:30	to	5:10	pm	School Age	Polliwog 2	02235 - 10
4:30	to	5:10	pm	School Age	Guppy 2	02236 - 10
4:30	to	5:10	pm	School Age	Minnow	02207 - 10
5:05	to	5:35	pm	Preschool	Pike 1	02201 - 11
5:05	to	5:35	pm	Preschool	Pike 2	02231 - 10
5:05	to	5:35	pm	Preschool	Eel	02202 - 11
5:15	to	5:55	pm	School Age	Polliwog 1	02205 - 11
5:15	to	5:55	pm	School Age	Guppy 1	02206 - 10
5:15	to	5:55	pm	School Age	Fish	02208 - 10
5:15	to	5:55	pm	Teen/Adult	Adult Fitness Swimming	02275 - 10
5:40	to	6:10	pm	Preschool	Pike 2	02231 - 11
5:40	to	6:10	pm	Preschool	Eel	02202 - 12
5:40	to	6:10	pm	Preschool	Ray	02203 - 10
6:00	to	6:40	pm	School Age	Guppy 2	02236 - 11
6:00	to	6:40	pm	School Age	Minnow	02207 - 11
6:00	to	6:40	pm	Specialty/Family	Competitive Stroke and Turn Development, Level 2	02308 - 10
6:15	to	6:45	pm	Parent/Child	Seahorse	02228 - 11
6:15	to	6:45	pm	Preschool	Eel	02202 - 13
6:15	to	6:45	pm	Preschool	Starfish	02204 - 10
6:45	to	7:15	pm	Preschool	Pike 1	02201 - 12
6:45	to	7:25	pm	Specialty/Family	Swimming Crew	02514 - 10

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

9:00	to	9:30	am	Preschool	Pike 1	02201 - 20
9:35	to	10:05	am	Preschool	Pike 2	02231 - 20
10:10	to	10:40	am	Preschool	Eel	02202 - 20
10:45	to	11:15	am	Preschool	Ray	02203 - 20
4:30	to	5:00	pm	Parent/Child	Sea Lion	02227 - 20
4:30	to	5:00	pm	Preschool	Pike 2	02231 - 21
4:30	to	5:00	pm	Preschool	Eel	02202 - 21
4:30	to	5:10	pm	School Age	Polliwog 2	02235 - 20
4:30	to	5:10	pm	School Age	Guppy 2	02236 - 20
4:30	to	5:10	pm	School Age	Fish	02208 - 20
5:05	to	5:35	pm	Parent/Child	Seahorse	02228 - 20
5:05	to	5:35	pm	Preschool	Pike 1	02201 - 21
5:05	to	5:35	pm	Preschool	Starfish	02204 - 20
5:15	to	5:55	pm	School Age	Polliwog 1	02205 - 20
5:15	to	5:55	pm	School Age	Guppy 2	02236 - 21
5:15	to	5:55	pm	School Age	Minnow	02207 - 20
5:40	to	6:10	pm	Parent/Child	Seahorse	02228 - 21
5:40	to	6:10	pm	Preschool	Eel	02202 - 22
5:40	to	6:10	pm	Preschool	Ray	02203 - 21
6:00	to	6:40	pm	School Age	Guppy 1	02206 - 20
6:00	to	6:40	pm	School Age	Guppy 2	02236 - 22
6:00	to	6:40	pm	Specialty/Family	Swimming Crew Jr.	02515 - 20
6:15	to	6:45	pm	Preschool	Pike 2	02231 - 22
6:15	to	6:45	pm	Preschool	Eel	02202 - 23
6:15	to	6:55	pm	Teen/Adult	Adult Stroke Technique - Front and Back Crawl	02273 - 20
6:45	to	7:25	pm	School Age	Shark	02210 - 20

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

3:55	to	4:25	pm	Parent/Child	Seahorse	02228 - 30
3:55	to	4:25	pm	Preschool	Pike 2	02231 - 30
4:30	to	5:00	pm	Parent/Child	Seahorse	02228 - 31
4:30	to	5:00	pm	Preschool	Pike 1	02201 - 30
4:30	to	5:00	pm	Preschool	Eel	02202 - 30
4:30	to	5:10	pm	School Age	Guppy 1	02206 - 30
4:30	to	5:10	pm	School Age	Flying Fish	02209 - 30
5:05	to	5:35	pm	Preschool	Pike 2	02231 - 31
5:05	to	5:35	pm	Preschool	Ray	02203 - 30
5:15	to	5:55	pm	School Age	Polliwog 2	02235 - 30
5:15	to	5:55	pm	School Age	Guppy 2	02236 - 30
5:15	to	5:55	pm	School Age	Fish	02208 - 30
5:40	to	6:10	pm	Parent/Child	Sea Turtle	02226 - 30
5:40	to	6:20	pm	School Age	Polliwog 1	02205 - 30
6:00	to	6:40	pm	School Age	Guppy 2	02236 - 31

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6:00	to	6:40	pm	School Age	Minnow	02207 - 30
6:00	to	6:40	pm	School Age	Fish	02208 - 31
6:15	to	6:45	pm	Parent/Child	Seahorse	02228 - 32
6:25	to	7:05	pm	School Age	Guppy 1	02206 - 31
6:45	to	7:25	pm	School Age	Guppy 2	02236 - 32
6:45	to	7:25	pm	School Age	Guppy 2	02236 - 33

THURSDAY, BEGINS NOVEMBER 5 • 7 week classes (once a week for 7 weeks)

***No Class on Thanksgiving. Fee will be prorated.**

4:30	to	5:00	pm	Preschool	Sea Turtle	02226 - 40
4:30	to	5:00	pm	Preschool	Ray	02203 - 40
4:30	to	5:10	pm	School Age	Polliwog 2	02235 - 40
4:30	to	5:10	pm	School Age	Guppy 1	02206 - 40
4:30	to	5:10	pm	School Age	Guppy 2	02236 - 40
4:30	to	5:10	pm	School Age	Minnow	02207 - 40
5:05	to	5:35	pm	Parent/Child	Seahorse	02228 - 40
5:05	to	5:35	pm	Preschool	Pike 1	02201 - 40
5:15	to	5:55	pm	School Age	Polliwog 1	02205 - 40
5:15	to	5:55	pm	School Age	Guppy 2	02236 - 41
5:15	to	5:55	pm	School Age	Fish	02208 - 40
5:15	to	5:55	pm	Specialty/Family	Competitive Stroke and Turn Development, Level 1	02307 - 40
5:40	to	6:10	pm	Preschool	Pike 2	02231 - 40
5:40	to	6:10	pm	Preschool	Eel	02202 - 40
6:00	to	6:30	pm	Preschool	Pike 1	02201 - 41
6:00	to	6:30	pm	Preschool	Eel	02202 - 41
6:00	to	6:30	pm	Preschool	Ray	02203 - 41
6:00	to	6:30	pm	Preschool	Starfish	02204 - 40
6:15	to	6:55	pm	Specialty/Family	Porpoise Club: Wetball	02445 - 40
6:15	to	6:55	pm	Specialty/Family	Swim Assessment	02700 - 40
6:15	to	6:55	pm	Teen/Adult	Adult Stroke Technique - Front and Back Crawl	02273 - 40

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

9:00	to	9:30	am	Parent/Child	Seahorse	02228 - 60
9:00	to	9:30	am	Preschool	Pike 1	02201 - 60
9:00	to	9:30	am	Preschool	Eel	02202 - 60
9:00	to	9:40	am	School Age	Polliwog 2	02235 - 60
9:00	to	9:40	am	School Age	Guppy 2	02236 - 60
9:00	to	9:40	am	School Age	Flying Fish	02209 - 60
9:35	to	10:05	am	Parent/Child	Sea Turtle	02226 - 60
9:35	to	10:05	am	Preschool	Pike 2	02231 - 60
9:35	to	10:05	am	Preschool	Ray	02203 - 60
9:45	to	10:25	am	School Age	Guppy 1	02206 - 60
9:45	to	10:25	am	School Age	Fish	02208 - 60
9:45	to	10:25	am	Teen/Adult	Adult Basic Water Adjustment	02271 - 60

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10:10	to	10:40	am	Parent/Child	Sea Lion	02227 - 60
10:10	to	10:40	am	Preschool	Pike 2	02231 - 61
10:10	to	10:40	am	Preschool	Starfish	02204 - 60
10:30	to	11:10	am	School Age	Polliwog 1	02205 - 60
10:30	to	11:10	am	School Age	Minnow	02207 - 60
10:30	to	11:10	am	Teen/Adult	Adult Stroke Technique - Front and Back Crawl	02273 - 60
10:45	to	11:15	am	Parent/Child	Seahorse	02228 - 61
10:45	to	11:15	am	Preschool	Pike 2	02231 - 62
10:45	to	11:25	am	Teen/Adult	Teen Beginner	02212 - 60
11:15	to	11:55	am	School Age	Guppy 2	02236 - 61
11:15	to	11:55	am	School Age	Fish	02208 - 61
11:15	to	11:55	am	School Age	Shark	02210 - 60
11:20	to	11:50	am	Preschool	Eel	02202 - 61
11:20	to	12:00	am	School Age	Polliwog 2	02235 - 61
12:00	to	12:40	pm	School Age	Fish	02208 - 62
12:00	to	12:40	pm	Specialty/Family	Water Triathlon Training	02511 - 60
12:00	to	12:40	pm	Specialty/Family	Porpoise Club: Wetball	02445 - 60

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

5:00	to	5:30	pm	Parent/Child	Seahorse	02228 - 70
5:00	to	5:30	pm	Preschool	Pike 2	02231 - 70
5:00	to	5:30	pm	Preschool	Ray	02203 - 70
5:00	to	5:40	pm	School Age	Guppy 1	02206 - 70
5:00	to	5:40	pm	Teen/Adult	Teen Intermediate	02213 - 70
5:35	to	6:05	pm	Parent/Child	Sea Lion	02227 - 70
5:35	to	6:05	pm	Preschool	Eel	02202 - 70
5:35	to	6:05	pm	Preschool	Starfish	02204 - 70
5:45	to	6:25	pm	School Age	Polliwog 2	02235 - 70
5:45	to	6:25	pm	School Age	Fish	02208 - 70
6:10	to	6:40	pm	Parent/Child	Sea Turtle	02226 - 70
6:10	to	6:40	pm	Preschool	Pike 1	02201 - 70
6:10	to	6:40	pm	Preschool	Eel	02202 - 71
6:30	to	7:10	pm	School Age	Guppy 2	02236 - 70
6:30	to	7:10	pm	School Age	Minnow	02207 - 70
6:45	to	7:15	pm	Preschool	Pike 2	02231 - 71
6:45	to	7:15	pm	Preschool	Starfish	02204 - 71
6:45	to	7:25	pm	Teen/Adult	Adult Stroke Development	02272 - 70

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SAFETY & CERTIFICATION

Class	Class Code	2 Digit ID	# of Classes	Fee	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
American Red Cross CPR/AED for the Professional Rescuer	02423 -	20	2	\$90		11/10 4-8pm	11/11 4-8pm				
American Red Cross CPR/AED for the Professional Rescuer	02423 -	21	2	\$90		12/8 4-8pm	12/9 4-8pm				
American Red Cross CPR/AED for the Professional Rescuer	02423 -	60	1	\$90						11/28 10am-6pm	
American Red Cross CPR/AED for the Professional Rescuer Review	02424 -	30	1	\$65			11/4 9am-1pm				
American Red Cross CPR/AED for the Professional Rescuer Review	02424 -	40	1	\$65				11/19 4-8pm			
American Red Cross CPR/AED for the Professional Rescuer Review	02424 -	31	1	\$65			12/2 9am-1pm				
American Red Cross CPR/AED for the Professional Rescuer Review	02424 -	41	1	\$50				12/17 4-8pm			
American Red Cross Administering Emergency Oxygen	02429 -	40	1	\$30				11/12 4-8pm			
American Red Cross Administering Emergency Oxygen	02429 -	20	1	\$30		11/24 4-8pm					
American Red Cross Administering Emergency Oxygen	02429 -	41	1	\$30				12/10 4-8pm			
American Red Cross Administering Emergency Oxygen Review	02431 -	30	1	\$25			11/4 1-2pm				
American Red Cross Administering Emergency Oxygen Review	02431 -	40	1	\$25				11/19 8-9pm			
American Red Cross Administering Emergency Oxygen Review	02431 -	31	1	\$25			12/2 1-2pm				
American Red Cross Administering Emergency Oxygen Review	02431 -	41	1	\$25				12/17 8-9pm			
American Red Cross First Aid Basics	02432-	60	1	\$50						11/14 10am-2pm	
American Red Cross First Aid Basics	02432 -	30	1	\$50			11/25 4-8pm				