



**SWIM LESSON SCHEDULE BY SKILL STAGE:
PARENT/CHILD AND PRESCHOOL
UPTOWN WHITTIER FAMILY YMCA
FALL/WINTER 2019 • AUGUST 19–DECEMBER 21**

STAGE	M/W	T/TH	SAT
A Parent/Child: Water Discovery			11 - 11:30am
B Parent/Child: Water Exploration		6 - 6:30pm	11:30am - 12pm
1 Preschool: Water Acclimation	4 - 4:30pm 5:30 - 6pm	5 - 5:30pm	10 - 10:30am 11 - 11:30am
2 Preschool: Water Movement	4:30 - 5pm	4 - 4:30pm 5:30 - 6pm	9:30 - 10am 10:30 - 11am 12 - 12:30pm
3 Preschool: Water Stamina	5 - 5:30pm		9:30 - 10am

SESSION DATES

Fall Session 7

M/W: August 19 - September 25
T/Th: August 20 - September 26
Sat: August 24 - September 28

Fall Session 8

M/W: September 30 - November 6
T/Th: October 1 - November 7
Sat: October 5 - November 9

Winter Session 9

M/W: November 11 - December 18
T/Th: November 12 - December 19
Sat: November 16 - December 21

Sign-ups begin August 5 for members and August 9 for non-members.

COST

Group Lessons (M/W or T/Th)

\$79 members
\$158 non-members

Group Lessons (Sat)

\$40 members
\$80 non-members

There will be a \$5 late fee for registrations done on or after the first day of classes.



**SWIM LESSON SCHEDULE BY SKILL STAGE:
SCHOOL AGE AND TEENS/ADULTS
UPTOWN WHITTIER FAMILY YMCA
FALL/WINTER 2019 • AUGUST 19-DECEMBER 21**

STAGE	M/W	T/TH	SAT
1 School Age: Water Acclimation	5:30 - 6pm	4 - 4:30pm	10:30 - 11am 11 - 11:30am
2 School Age: Water Movement	4:30 - 5pm 6 - 6:30pm	6 - 6:30pm 6:30 - 7pm	10 - 10:30am 11:30am - 12pm
3 School Age: Water Stamina	4 - 4:30pm 5 - 5:30pm 6:30 - 7pm	4:30 - 5pm 5:30 - 6pm	10 - 10:30am 12 - 12:30pm
4 School Age: Stroke Introduction	6 - 6:30pm	4:30 - 5pm 6:30 - 7pm	9:30 - 10am 11:30am - 12pm
5 School Age: Stroke Development	6:30 - 7pm	5 - 5:30pm	
6 School Age: Stroke Mechanics			10:30 - 11am
4 Teens & Adults: Stroke Introduction			12 - 12:30pm

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Notice For All Swim Lessons Participants

We are unable to provide make-up swim lessons missed due to your child's absence. Exceptions will be made only in the following cases:

- If your child becomes sick during the swim session, up to a half credit can be given to be put toward a subsequent swim class.
- In the event that the pool closes on the child's lesson day, a make-up lesson will be scheduled or a credit will be issued.

YMCA Aquatics follows the YMCA refund policy available at Welcome Center. Always retain your receipt as you may be asked to present it. All class transfers must be done three days prior to the first day of class. Requesting a transfer of time or level is not guaranteed.

There must be at least three students in class time for us to be able to run the class. In the event we do not have enough children enrolled, we will try to move your child to another class time. Alternatively, we can offer you credit or a refund. For you and your child's safety, we do not allow parents and visitors on the pool deck. Parents may go to the observation window located beside the pool.

Children should use the restroom prior to entering the pool. Fecal accidents may result in temporary suspension. State law requires that all participants shower before entering the pool. Swim caps or ponytails are recommended for participants with long hair.