

SWIM LESSONS

New Bedford YMCA



Winter Session • January 2 – February 17, 2019 (7 weeks)

PROGRAM-PRESCHOOL	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage A - Water Discovery	6 mos-36 mos	M: \$44 \$PP: 84	30 min		10:30am		10:30am 6:00pm		10:00am
Stage B - Water Exploration	6 mos-36 mos	M: \$44 \$PP: 84	30 min		10:30am		10:30am 6pm		10:30am
Stage C - Water Acclimation	2-5yrs	M: \$44 \$PP: 84	30 min		6:00pm				9:30am
Stage 1 - Water Acclimation	3-5yrs	M: \$44 \$PP: 84	30 min	4:15pm 5:30pm	10am 4:15pm 5:30pm	4:15pm 5:30pm	10am 4:15pm 5:30pm	10am 4:15pm 6:45pm	9:00am 9:30am 10:00am 10:30am 11:00am
Stage 2 - Water Movement	3-5yrs	M: \$44 \$PP: 84	30 min	4:15pm 5:30pm	4:15pm 5:30pm	4:15pm 6:45pm	4:15pm 5:30pm	4:15pm 6:45pm	9:00am 10:00am 11:00am
Stage 3 - Water Stamina	3-5yrs	M: \$44 \$PP: 84	30 min	6:15pm	4:15pm			4:15pm	9:00am
Stage 4 - Stroke Introduction	3-5yrs	M: \$44 \$PP: 84	30 min	6:15pm			4:15pm		9:00am
PROGRAM-SCHOOL AGE	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage 1 - Water Acclimation	6+	M: \$51 \$PP: 98	45 min	4pm	4:45pm	4pm 6:45pm	6pm	4:45pm 6:45pm	9:45am 10:30am
Stage 2 - Water Movement	6+	M: \$51 \$PP: 98	45 min	4pm	4:45pm	4pm 6:45pm	6pm	4:45pm	9:45am 10:30am
Stage 3 - Water Stamina	6+	M: \$51 \$PP: 98	45 min	6:45pm	6pm	4pm	4:45pm	4:00pm	9:00am
Stage 4 - Stroke Introduction	6+	M: \$51 \$PP: 98	45 min	6:45pm	6pm	5:30pm	4:45pm	4:00pm 6:45pm	9:45am 10:30am
Stage 5 - Stroke Development	6+	M: \$51 \$PP: 98	45 min		6pm	6:45pm	6pm	4:00pm	10:30am
Stage 6 - Stroke Mechanics	6+	M: \$51 \$PP: 98	45 min		7:00 pm	6:45 pm	7:00pm	6:45pm	11:15am
Pathway Competition: Competitive Swim	6+	M: \$51 \$PP: 98	45 min		7pm		7:00pm	4:00pm	11:15am
Pathway Recreation: Adult Swim	14+	M: \$51 \$PP: 98	45 min		7:45pm		7:45pm		
Water Sports & Games	8+	M: \$51 \$PP: 98	45 min	6:45pm					

FEBRUARY SPLASH WEEK LESSONS

\$5 PER LESSON OR
\$25 FOR THE WEEK
FEBRUARY 18 – 22

Preschool Lessons
Monday: 4pm, 5pm, 6pm

Tuesday, Wednesday, Thursday:
10am, 4pm, 5pm, 6pm

Friday: 10am, 4pm, 5pm

Youth Beginner Lessons
Monday: 4pm, 5pm, 6pm

Tuesday, Wednesday, Thursday:
10:30am, 4pm, 5pm, 6pm

Friday: 10:30am, 4pm, 5pm

Youth Advanced Lessons
Monday: 4:30pm, 5:30pm,
6:30pm

Tuesday, Wednesday, Thursday:
11:30am, 4:30pm, 5:30pm

Friday: 11am, 4:30pm, 6:45pm



For more info on
Swim Lessons, contact
Sara White,
Aquatics Director at
508.997.0734 x122 or
swhite@ymcasc.org

New Bedford YMCA

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