

AQUATICS

New Bedford YMCA



Fall 1 Session • September 4 – October 27, 2019

PROGRAM-PRESCHOOL	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage A - Water Discovery	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:30am		10:30am 6:30pm		10am
Stage B - Water Exploration	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:30am		10:30am 6:00pm		10:30am
Stage C - Water Acclimation	2-5yrs	M: \$50 PP:\$96	30 min		6:00pm				9:30am
Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	4:15pm 5:30pm	10:00am 4:15pm 5:30pm	4:15pm 5:30pm	10:00am 4:15pm 5:30pm	10:00am 4:15pm 6:45pm	9:00am 9:30am 10:00am 10:30am 11:00am
Stage 2 - Water Movement	3-5yrs	M: \$50 PP: \$96	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: \$50 PP: \$96	30 min	6:15pm	4:15pm	6:45pm		4:15pm	9:00am
Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PP: \$96	30 min	6:15pm			4:15pm	6:45pm	9:00am
PROGRAM-SCHOOL AGE	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min	4:00pm	4:45pm	4:00pm	6:00pm	4:45pm 6:45pm	9:45am 10:30am
Stage 2 - Water Movement	6+	M: \$58 PP: \$112	45 min	4:00pm	4:45pm	4:00pm 6:45pm	6:00pm	4:45pm	9:45am 10:30am
Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min	6:45pm	6:00pm	4:00pm	4:45pm		9:00am
Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min	6:45pm	6:00pm	5:30pm	4:45pm	6:45pm	9:45am 10:30am
Stage 5 - Stroke Development	6+	M: \$58 PP: \$112	45 min		6:00pm	6:45pm	6:00pm	4:00pm	10:30am
Stage 6 - Stroke Mechanics	6+	M: \$58 PP: \$112	45 min		7:00pm	6:45pm	7:00pm	6:45pm	11:15am
Pathway Competition: Competitive Swim	6+	M: \$58 PP: \$112	45 min		7:00pm		7:00pm	4:00pm	11:15am
Water Sports & Games Stage 6 Skill Level or higher	8+	M: \$58 PP: \$112	45 min	6:45pm					
Adult Lesson	14+	M: \$58 PP: \$112	45 min		7:45pm		7:45pm		
Stroke Club	4-8 yrs	M:\$58 PP:\$112	45 min			4:45pm			