



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADULT AQUATICS

## MAY 2012

### **Adult Beginner** (18 and up) *Max 7, Goal 6, Min 3 Students*

A general introduction to swimming for the beginner swimmer; whether you have a fear of the water or want to proper form and technique this class is for you. Skill development will include introduction to Freestyle & Backstroke.

Day	Time	Instructor	Online Search Code	Location
Mon	6:30PM	Peter	AB	Training Pool
Tue	7:00PM	Jil	AB	Training Pool
Thurs	7:00PM	Jil	AB	Training Pool

### **Adult Intermediate/Advanced** (18 and up) *Max 7, Goal 6, Min 3 Students*

A combination class designed for the intermediate and advanced swimmer. For the intermediate swimmer an introduction to Breaststroke, and Butterfly as well as endurance training will be covered. For the advanced swimmer, overall stroke refinement and efficiency.

Day	Time	Instructor	Online Search Code	Location
Sat	12:00PM	Karissa	AI/AA	Lap Pool

**Private Swim Lessons (Ages 3 & Up)** For individuals that want one-on-one instruction with personalized lesson plans that maximize their productivity in the water for optimal participation.

#### **Lap Pool Privates**

Day	Time	Instructor	Online Search Code
MON	5:30PM	Peter	PRI LP
MON	6:00PM	Peter	PRI LP
MON	6:00PM	Meghan	PRI LP
MON	6:30PM	Bobby	PRI LP
TUE	6:00PM	Val	PRI LP
TUE	7:00PM	Val	PRI LP
WED	5:30PM	Peter	PRI LP
WED	7:00PM	Peter	PRI LP
WED	7:00PM	Cindy	PRI LP
THU	5:00PM	Val	PRI LP
THU	5:00PM	Sevak	PRI LP
THU	5:30PM	Jil	PRI LP
THU	6:00PM	Val	PRI LP
THU	6:00PM	Sevak	PRI LP
THU	7:00PM	Val	PRI LP
FRI	4:30PM	Bobby	PRI LP
FRI	5:00PM	Peter	PRI LP
FRI	6:00PM	Cindy	PRI LP
SAT	10:00AM	Bobby	PRI LP

#### **Training Pool Privates**

Day	Time	Instructor	Online Search Code
MON	5:00PM	Cindy	PRI TP
MON	5:30PM	Bobby	PRI TP
TUE	6:30PM	Jil	PRI TP
TUE	6:30PM	Sevak	PRI TP
WED	5:00PM	Cindy	PRI TP
WED	5:30PM	Bobby	PRI TP
THU	6:30PM	Jil	PRI TP
THU	6:30PM	Sevak	PRI TP
FRI	5:30PM	Peter	PRI TP
FRI	6:30PM	Peter	PRI TP
FRI	6:30PM	Bobby	PRI TP
SAT	9:30AM	Melani	PRI TP
SAT	10:00AM	Melani	PRI TP
SAT	11:30AM	Karissa	PRI TP
SAT	12:00PM	Bobby	PRI TP
SAT	12:30PM	Bobby	PRI TP

**Adult Swim Lessons**

***Family and Adult members may register for only one class per month.*** If you do not attend the first class of the month, you will be removed from the roster in order to allow those on the waitlist opportunity.

**Adult Program Fees:**

<b><u>Program Fees</u></b>	<b>Family/Adults Members</b>	<b>Students Members</b>	<b>Program Only Members</b>
Once a Week, 30 minute class	FREE	\$31.00	\$61.00

**Private Swim Lessons**

- For all ages and skill levels: Introduction to Water through Advanced Skills
- Fee is determined by the number of class days in the month

<b><u>Program Fees</u></b>	<b>Family Members</b>	<b>Student/Adult Members</b>	<b>Program Only Members</b>
4 Lessons, 30 Minutes Each	\$82.00	\$122.00	\$164.00
5 Lessons, 30 Minutes Each	\$102.00	\$152.00	\$204.00

**Instructors subject to change without notice**

**For questions and information please contact:  
Burbank Community YMCA Aquatics Department  
(818) 845-8551 ext. 284  
[aquatics@burbankymca.org](mailto:aquatics@burbankymca.org)**