

# **ADULT AQUATICS**

We build strong kids, strong families, strong communities.

## August 2010 Schedule

**Adult Beginner** (19 and up) Max. 7 Students A general introduction to swimming that will cover the four competitive strokes (Freestyle, Backstroke, Breaststroke, and Butterfly).

DAY	TIME	INSTRUCTOR	LOCATION
Mon	8:00 pm	Melani	Training Pool
Tues	7:00 pm	Melani	Training Pool
Wed	8:00 pm	Melani	Training Pool
Thurs	7:00 pm	Melani	Training Pool

**Adult Intermediate** (19 and up) Max. 7 Students A class designed for the swimmers who want to refine their skills. A general understanding and completion of the four competitive strokes is required for optimal participation.

DAY	TIME	INSTRUCTOR	LOCATION
Sat	1:00 pm	Melani	Lap Pool

**Adult Advanced** (19 and up) Max. 7 Students A class designed for ultra-advanced swimmers that want to increase their endurance and efficiency. A strong understanding and completion of the four competitive strokes is required for optimal participation.

DAY	TIME	INSTRUCTOR	LOCATION
Sat	1:00pm	Patrick	Lap Pool

### Private Swim Lessons (All Ages)

For individuals that want one-on-one instruction with personalized lesson plans that maximize their productivity in the water.

DAY	TIME	INSTRUCTOR	LOCATION
Mon	4:00 pm	Patrick	Lap Pool
Mon	5:00 pm	Melani	Lap Pool
Mon	5:30 pm	Patrick	Lap Pool
Mon	6:30 pm	Sevak	Lap Pool
Tues	5:00 pm	Cindy	Lap Pool
Tues	7:30 pm	Irene	Lap Pool
Tues	7:30 pm	Melani	Lap Pool
Wed	4:00 pm	Patrick	Lap Pool
Wed	5:00 pm	Melani	Lap Pool
Wed	5:30 pm	Patrick	Lap Pool
Wed	6:30 pm	Sevak	Lap Pool
Thurs	5:00 pm	Cindy	Lap Pool
Thurs	7:30 pm	Irene	Lap Pool
Thurs	7:30 pm	Melani	Lap Pool

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.  
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DAY	TIME	INSTRUCTOR	LOCATION
Fri	6:00 pm	Bobby	Lap Pool
Fri	6:30 pm	Bobby	Lap Pool
Fri	7:00 pm	Bobby	Lap Pool
Sat	12:00 pm	Patrick	Lap Pool
Sat	12:30 pm	Patrick	Lap Pool

### **Adult Swim Lessons**

- **Fee:** Included in Membership
- **You may register for only one class per month.** If you do not attend the first class of the month, you will be dropped from the class. Individuals on the waiting list will be added to the class.

### **Private Swim Lessons**

For all ages and skill levels (“Introduction to Water” through “Ultra Advanced”)

#### How to Get Started:

- Current membership is required for participation.
- Register at Member Services

<b><u>Program Fees</u></b>	Family Memberships	Child/Youth/Student Memberships
4 Lessons	\$68.00	\$104.00
5 Lessons	\$85.00	\$130.00

#### Classes run:

- 30 minutes
- Once a week (only scheduled days and times are available, refer to schedule)
- For one calendar month (4 to 5 lessons depending on the number of class days in the month)

#### Fees:

- The price is predetermined by the number of class days in the month.

If you have any questions regarding this program, please contact the Aquatics Department at (818) 845-8551 X284.

**Instructors subject to change without notice.**

**All classes run month-to-month and registration is required for each month.**

## BURBANK COMMUNITY YMCA

#### FACILITY HOURS

Monday–Friday 5:30AM - 10:00PM  
 Saturday 7:00AM - 6:30PM  
 Sunday 12NOON - 5:00PM

#### MEMBER SERVICES HOURS

Monday–Friday 8:00AM – 8:00PM  
 Friday 8:00AM – 7:00PM  
 Saturday 9:00AM – 6:00PM  
 Sunday 1:00PM – 5:00PM

#### SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or