



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

DAYS:

Mon & Wed, Tues & Thurs, Sat

SESSIONS:

Session 1: Jan 6– Feb 1

Session 2: Feb 3– 29

Session 3: Mar 2– 28

Session 4: Apr 6 –May 2

RATES:

Weekdays 2x a week/ 45 min/ 8 Lessons:

Family:	\$97
Youth/Student/Adult:	\$133
Non Members:	\$280

Sat 1x a week/ 45 min/ 4 Lessons:

Family:	\$63
Youth/Student/Adult:	\$80
Non Members:	\$147

PRIVATE SWIM LESSONS:

Days: Fri or Sat - 1x a week

4 Lessons- 30 min each

RATES:

Family:	\$135
Youth/Student/Adult:	\$170
Non-Members:	\$240

Please see online schedule for more information and times.

RIPTIDES SWIM TEAM:

Contact Aquatics Director:

jennifer@burbankymca.org

SWIM LESSONS SCHEDULE

	LEVEL	DAYS	TIME	AGE
	Water Discovery A	Saturdays	9:30-10:30am	6mo-2yrs
	Water Acclimation 1	Mon/Wed Tue/Thurs Saturdays	5:00-5:45pm 5:00-5:45pm 10:00-10:45am 10:45-11:30am	3-5yrs
	Water Movement 2	Mon/Wed Tue/Thurs Saturday	4:15-5:00pm 5:45-6:30pm 4:15-5:00pm 5:45-6:30pm 10:00-10:45am 10:45-11:30am	3-5 yrs
	Water Stamina 3	Mon/Wed Tue/Thurs Saturdays	3:30-4:15pm 4:15-5:00pm 5:45-6:30pm 3:30-4:15pm 5:00-5:45pm 5:45-6:30pm 10:45-11:30am 12:15-1:30pm	6-14 yrs
	Stroke Introduction 4	Mon/ Wed Tue/Thurs Saturday	3:30-4:15pm 5:00-5:45pm 3:30-4:15pm 4:15-5:00pm 5:45-6:30pm 10:00-10:45am 12:15-1:00pm	6-14 yrs
	Stroke Development 5	Mon/Wed Tue/Thurs Saturday	4:15-5:00pm 5:00-5:45pm 10:45-11:30am	6-14yrs
	Stroke Mechanics 6	Mon/Wed Tue/Thurs	5:00-5:45pm 5:00-5:45pm	6-14yrs
	Adult Beginner	Saturday	12:15-1:00pm	14yrs and up

SCHEDULE IS SUBJECT TO CHANGE