



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CONFIDENT SWIMMERS WITH EVERY STROKE FALL SWIM LESSONS

DAYS:

Monday & Wednesday; Tuesday & Thursday; Saturday

DATES:

Session 1: September 5 - 29

Session 2: October 1 - 27

Session 3: November 5 - December 15. No class on 11/22

RATES:

Family \$57 - \$120

Yth/Student \$75 - \$150

Program: \$145 - \$300

AGES: 6 months and up

REGISTRATION: Online or In-house at Membership services

FOR MORE INFORMATION:

Contact Jennifer Cervantes, Aquatic Director, at jennifer@burbankymca.org, call 818.845.8551 or visit the membership service desk

SAFETY AROUND WATER

**71% of the World is Water
Children Are 100% Curious**

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's Safety Around Water program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.

FALL SWIM LESSON TIMES

DAYS	TIME	LEVEL	AGES
Saturday	12:30-1:00	Discovery	6 mo-3
M-TH	4:00-4:30pm 5:00-5:30pm	Acclimation	3 - 5
Saturday	10:00 - 10:45am 10:45 - 11:30am 11:30 - 12:15pm		
M-TH	4:30-5:00pm 5:30-6:00pm	Water Movement	3 - 5
Saturday	10:00 - 10:45am 10:45 - 11:30am		
Mon/Wed	3:30-4:15pm 4:15-5:00pm	Water Stamina	5 - 12
Tues/Thurs	3:30-4:15pm		
Saturday	10:45-11:30am 11:30-12:15pm 12:15-1:00pm		
Mon/Wed	3:30-4:15pm	Stroke Introduction	5 - 12
Tues/Thurs	4:15-5:00pm		
Saturday	10:00-10:45am 11:30-12:15pm		
Mon/Wed	4:15-5:00pm	Stroke Development	5 - 12
Tues/Thurs	5:00-5:45pm		
Saturday	12:15-1:00pm		
Mon/Wed	5:00-5:45pm	Stroke Mechanics	5 - 12
Saturday	1:30-2:15pm		
Mon/Wed	6:00-7:15pm	Swim Team	5 - 16
Tues/Thurs	6:30-7:45pm		
Saturday	9:15-10:00am	Adult Beginner	15 and up
Tues/Thurs	5:45-6:30pm	Pre Comp	5 and up