

# Swim Times, Classes Offered & Fees

## Parent & Child (6 months - 3 years)

M/W 9:30-10:00am  
M/W 6:00-6:30pm  
T/TH 6:00-6:30pm  
SAT 9:30-10:00am  
SAT 12:15-12:45

Jr. High School  
(Grade 7 - 9)  
T/TH 6:30-7:00  
SAT 10:45 - 11:30

High School & Adult  
T/TH 4:00-4:30  
T/TH 6:30-7:00  
Fri 5:15-6:00  
SAT 12:15-1:00

Pre-Competitive  
(Minnow +)  
FRI 4:30-5:15  
SAT 3:30 - 4:15

## FEES

Twice per week:  
Members - \$39  
Non-Members - \$79  
30 Minute Classes

Once per week:  
Members - \$30  
Non-Members - \$60  
45 Minute Classes

Pre-School: 3 years-Kindergarten  
and/or 6 years of age

## Pike

M/W 9:00-9:30 SAT 8:45-9:30  
M/W 3:30-4:00 SAT 10:00-10:45  
M/W 4:00-4:30 SAT 10:45-11:30  
M/W 4:30-5:00 SAT 11:30-12:15  
M/W 6:00-6:30 SAT 12:15-1:00  
M/W 6:30-7:00

T/TH 3:30-4:00  
T/TH 4:00-4:30  
T/TH 4:30-5:00  
T/TH 6:00-6:30  
T/TH 6:30-7:00

## Eel

M/W 3:30-4:00 SAT 9:15-10:00  
M/W 4:30-5:00 SAT 10:00-10:45  
M/W 6:30-7:00 SAT 10:45-11:30  
T/TH 3:30-4:00 SAT 11:30-12:15  
T/TH 4:30-5:00  
T/TH 6:00-6:30  
T/TH 6:30-7:00

## Ray

M/W 4:00-4:30 SAT 10:45-11:30  
M/W 6:00-6:30  
T/TH 4:00-4:30  
T/TH 6:30-7:00

## Starfish

M/W 4:30-5:00

Grade School: 6 years of age and/  
or in Grade 1 - Grade 6

## Polliwog

M/W 3:30-4:00 SAT 10:00-10:45  
M/W 4:00-4:30 SAT 10:45-11:30  
M/W 4:30-5:00 SAT 11:30-12:15  
M/W 6:30-7:00 SAT 12:15-1:00

T/TH 3:30-4:00  
T/TH 4:00-4:30  
T/TH 4:30-5:00  
T/TH 6:00-6:30

## Guppy

M/W 4:00-4:30 SAT 10:00-10:45  
M/W 6:00-6:30 SAT 10:45-11:30  
M/W 6:30-7:00 SAT 11:30-12:15  
SAT 12:15-1:00  
T/TH 3:30-4:00  
T/TH 4:00-4:30  
T/TH 4:30-5:00

## Minnow

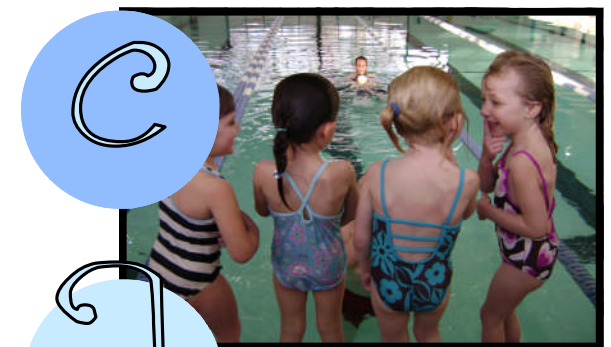
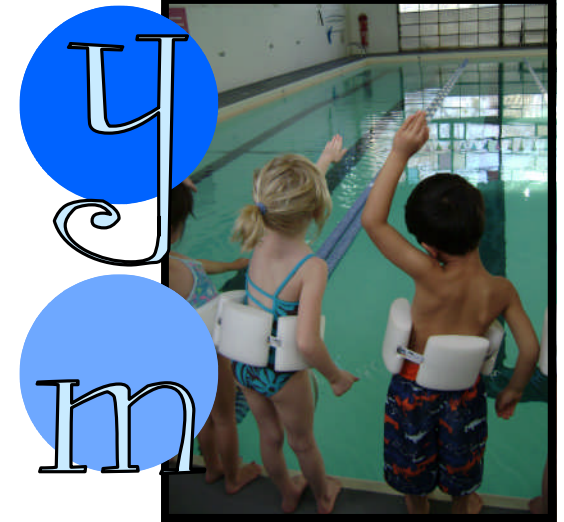
M/W 6:30-7:00 SAT 10:00-10:45  
SAT 11:30-12:15  
T/TH 4:30-5:00  
T/TH 6:00-6:30

## Fish

M/W 6:00-6:30 SAT 11:30-12:15  
T/TH 4:30-5:00

## Flying Fish

T/TH 6:30-7:00  
SAT 2:45-3:30



SWIM LESSONS  
SWIM LESSONS

**For more information:  
(916) 452-9622**

## Swim lesson information

Our swim lesson program focuses not only on stroke development but also on personal safety, water sports, rescues and personal growth. We encourage development in spirit, mind and body. All levels are age appropriate first then level appropriate.

We have 5 main programs: Parent/Child, Preschool, Youth, Jr. High School and High School/Adult.

## Sessions

Sessions are either:  
Eight - 30 Minute lessons or  
Four - 45 Minute lessons.

We always correspond our sessions with the monthly calendar. Schedule options are Monday & Wednesday (30 min. each), Tuesdays & Thursdays (30 min. each) or Saturdays (45 min).

**For More info on Online Registration, please visit our website at:  
[www.sacymca.org](http://www.sacymca.org)**

## Lesson Start & End Dates

### January

M/W: 1/4 - 1/27  
T/TH: 1/5 - 1/28  
FRI: 1/8 - 1/29  
SAT: 1/9 - 1/30

### February

M/W: 2/1 - 2/24  
T/TH: 2/2 - 2/25  
FRI: 2/5 - 2/26  
SAT: 2/6 - 2/27

### March

M/W: 3/1 - 3/24  
T/TH: 3/2 - 3/25  
FRI: 3/5 - 3/26  
SAT: 3/6 - 3/27

### April

M/W: 4/5 - 4/28  
T/TH: 4/6 - 4/29  
FRI: 4/9 - 4/30  
SAT: 4/10 - 4/23

### May

M/W: 5/3 - 5/26  
T/TH: 5/4 - 5/27  
FRI: 5/7 - 5/28  
SAT: 5/1 - 5/22

### June

M/W: 6/2 - 6/28  
T/TH: 6/1 - 6/24  
FRI: 6/4 - 6/25  
SAT: 6/5 - 6/26

## Registration Dates

### For Current Swimmers

Jan	21-Dec
Feb	25-Jan
Mar	22-Feb
Apr	22-Mar
May	26-Apr

### For New Swimmers

	Members not currently in class	Program Participants
Jan	28 - Dec	29 - Dec
Feb	27 - Jan	29 - Jan
Mar	24 - Feb	26 - Feb
Apr	24 - Mar	26 - Mar
May	28 - Apr	30 - Apr

## Swim Tests

Beginners (those who will be enrolled in Pike or Polliwog) do not have to be tested.

Testing is for new swim lesson participants who have taken swim lessons elsewhere or have returned to the YMCA after a 6 month break.

Wednesday: 5:00 pm - 5:15 pm &  
5:45 pm - 6:00 pm  
Saturday: 9:30am - 10:00 am

For testing, please check in at the Front Desk then proceed to pool area. Introduce yourself and your child to the lifeguard for testing.

## Helpful Hints for online registration

- ♦ Verify students membership status **(unable to renew online)**
- ♦ Registration online begins @ 2am
- ♦ In-person registration begins at facility opening
- ♦ No Phone Registration
- ♦ Be sure to verify correct branch **(Central Family YMCA)**
- ♦ Program code is on Student Progress Report

**For More info on Online Registration, please visit our website at:  
[www.sacymca.org](http://www.sacymca.org)**