

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 9:30-10:00
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
SAT 11:30-12:15

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

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

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 9:00-9:30
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

Guppy

M/W 4:00-4:30 SAT 10:00-10:45
M/W 4:30-5:00 SAT 10:45-11:30
M/W 6:00-6:30 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

Minnow

M/W 6:30-7:00 SAT 10:00-10:45
SAT 11:30-12:15
T/TH 4:30-5:00 SAT 2:00 - 2:45
T/TH 6:00-6:30

Fish

M/W 6:00-6:30 SAT 11:30-12:15

T/TH 4:00-4:30

Flying Fish

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



**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

Lesson Start & End Dates

June	September
MW: 6/2 - 6/21	MW: 9/1 - 9/29
T/TH: 6/1 - 6/17	T/TH: 9/2 - 9/28
FRI: 6/4 - 6/18	FRI: 9/3 - 9/24
SAT: 6/5 - 6/19	SAT: 9/11 - 9/25
July	October
MW: 7/5 - 7/28	MW: 10/4 - 10/27
T/TH: 7/6 - 7/29	T/TH: 10/5 - 10/28
FRI: 7/9 - 7/30	FRI: 10/8 - 10/29
SAT: 7/10 - 7/31	SAT: 10/9 - 10/30
August	November
MW: 8/2 - 8/25	MW: 11/1 - 11/24
T/TH: 8/3 - 8/26	T/TH: 11/2 - 11/23
FRI: 8/1 - 8/27	FRI: 11/5 - 11/19
SAT: 8/7 - 8/24	SAT: 11/6 - 11/20

Registration Dates

For Current Swimmers

June	24-May
July	22-June
August	26-July
September	23-Aug.
October	27-Sept.

For New Swimmers

	Members not currently in class	Program Participants
June	26 -May	28 - May
July	24 - June	28 - June
August	28 - July	30 - July
September	25 - August	27 - August
October	29 - September	1 - October

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

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