



Updated 8/5/19

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2019-2020 School Year Aquatics

Sep 3 – Jun 27

(6 mo – 2 years)	
<b>Swim Starters Stages A &amp; B</b>	
<b>*Parent &amp; Child</b>	
Mon	10:30am
Sat	9am, 9:45am, 10:30am
Fri	11am

(3 – 5 years)	
<b>1 / Water Acclimation</b>	
Tue	4pm
Thu	4pm
Fri	5:30pm
Sat	9am, 9:45am, 10:30am, 1:30pm
<b>2 / Water Movement</b>	
Mon	4pm
Thu	5:30pm
Fri	4pm
Sat	9am, 9:45am, 10:30am, 1:30pm
<b>3 / Water Stamina</b>	
Mon	4pm, 5:30pm
Wed	5:30pm
Sat	11:15am
<b>4 / Stroke Introduction</b>	
Tue	4pm
Thu	4pm
Sat	11:15am

### New to the program?

#### Free Swim Evaluations!

If you do not know what swim stage to sign your child up for, we will provide an evaluation.

#### Every Saturday

10:30am – 11:15am

(no appointment needed)

(6 – 12 years)	
<b>1 / Water Acclimation</b>	
Mon	4:45pm
Wed	5:30pm
Fri	4pm
Sat	9:45am, 12pm, 1:30pm
<b>2 / Water Movement</b>	
Mon	5:30pm
Tue	4:45pm
Wed	4pm
Thu	4:45pm
Sat	9am, 11:15am, 12pm
<b>3 / Water Stamina</b>	
Tue	4pm
Wed	4:00pm, 4:45pm
Fri	4:45pm
Sat	11:15am, 12pm
<b>4 / Stroke Introduction</b>	
Tue	4:45pm
Wed	4:45pm
Thu	4pm
Fri	4:45pm
Sat	12pm, 12:45pm
<b>5 / Stroke Development</b>	
Tue	5:30pm
Wed	4:45pm
Thu	4:45pm
Sat	12:45pm, 1:30pm
<b>6 / Stroke Mechanics</b>	
Mon	4:45pm
Fri	5:30pm
Sat	12:45pm

(13+ years)	
<b>Adult &amp; Teen</b>	
Mon	11am or 9pm
Wed	9pm

(7+ years)	
<b>Pre-Team (choose 2 days)</b>	
Mon – Fri	4pm
Wed	4pm or 5:45pm
Sat	2pm
<b>TRYOUT REQUIRED</b>	
<i>Email Colin Kostyak:</i>	
<i>kcostyak@metroymcas.org</i>	

#### Swim Lessons

Community: \$22/class

Member: \$14/class

Family Facility: 10% disc.

#### Pre-Team

Community: \$21/class

Member: \$11/class

Family Facility: 10% disc.

#### Private Lessons

Facility: \$40

Program: \$45

#### Semi-private Lessons

(2:1 ratio)

Facility: \$45

Program: \$50

Family Swim Times	
<b>*Mon-Fri 5:30pm – 6:30pm</b>	
<b>*no family swim Wed</b>	
<b>Sat</b>	<b>6:00pm – 8:45pm</b>
<b>Sun</b>	<b>11:00am – 2:00pm</b>
	<b>3:00pm – 5:30pm</b>

Questions: Email Scott Weber, Director of Aquatics at [sweber@metroymcas.org](mailto:sweber@metroymcas.org)

#### Policies:

☼ **Make-up Classes:** Only provided with a doctor's note verifying a medical reason for the absence.

☼ **Evaluations:** Evaluations will be held regularly as a part of the swim curriculum. If your child progresses, we will provide you with alternative class times if necessary.

☼ **Credits:** Must be requested within 10 days of an absence.

☼ **Cancellations:** Must be requested 30 days prior to your draft date.

**2019-2020 School Year Aquatics**  
Sep 3 – Jun 27

**Dates swim lessons will not be running**

**November**

- Thursday, November 28 - Thanksgiving

**December**

- Monday, December 23
- Tuesday, December 24 - Christmas Eve
- Wednesday, December 25 - Christmas Day
- Thursday, December 26
- Friday, December 27
- Saturday, December 28
- Tuesday, December 31 - New Year's Eve

**January**

- Wednesday, January 1, 2020 - New Year's Day

**May**

- Monday, May 25 - Memorial Day

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