



Niles-Buchanan YMCA Swim Lesson Schedule

Winter I Session: January 6-February 23

Infant/Toddler (6 months-3 years)	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Discovery	\$73.50 Member \$147 Non-member	30 mins	5:00pm (S)		5:30pm (S)			9:30am(S)	
Water Exploration	\$73.50 Member \$147 Non-member	30 mins	5:00pm (S)		5:30pm (S)			9:30am(S)	
Preschool (3-5 years)	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Acclimation with Parent	\$73.50 Member \$147 Non-member	30 mins	5:00pm (S)					9:30am (S)	
Water Acclimation	\$73.50 Member \$147 Non-member	30 mins	5:30pm (S)	11:30am (S)	5:00pm (S)			9:00am (S)	
Water Movement	\$73.50 Member \$147 Non-member	30 mins	6:00pm (S)	11:30am (S) 6:00pm (S)	11:00am (S) 6:00pm (S)			11:00am (S)	
Water Stamina/ Stroke Introduction	\$73.50 Member \$147 Non-member	30 mins		6:30pm (S)	11:00am (S) 6:30pm (S)			11:30am (S)	
School Age (6-14 years)	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Acclimation/ Water Movement	\$84 Member \$168 Non-member	45 mins	6:30pm (A)	6:30pm (L)	6:30pm (L)			10:15am (S)	
Water Stamina	\$84 Member \$168 Non-member	45 mins	6:30pm (S)	6:30pm (S)	6:30pm (S)			11:30am (S) *Only 30 mins	
Stroke Introduction	\$84 Member \$168 Non-member	45 mins	6:30pm (S)		6:30pm (S)			11:30am (S) *Only 30 mins	
Stroke Development	\$84 Member \$168 Non-member	45 mins	6:30pm (SU)						
Stroke Mechanics	\$84 Member \$168 Non-member	45 mins	6:30pm (SU)						
Adult (15+ Years)	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lessons	\$84 Member \$168 Non-member	45 mins							
Specialty Aquatics	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Just For You Swim (6-14 years)	\$84 Member \$168 Non-member	30 mins		5:30pm (A/S)					

TP-Therapy Pool

Instructors:
S-Sherri
L-Libby
A-Andre
SU- Susan