



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CONFIDENCE WITH EVERY STROKE

## Summer Swim Programs

**8 Week Session:** classes meet on Saturdays, July 1 through August 19.

**4 Week Session:** classes meet twice a week.

- > **Summer Session 1:** June 26 through July 21, **Summer Session 2:** July 24 through August 18
- > Registration will begin on June 5 for all summer swim lessons.

### PARENT & CHILD STAGES

Ages 6 months – 3 years

30 Minutes

Members: \$85

Program Participants: \$130

#### A. Water Discovery

Saturday 8:30am

#### B. Water Exploration

Saturday 9:10am

### PRESCHOOL STAGES

Ages 3 – 5 years

30 Minutes

Members: \$85

Program Participants: \$130

#### 1. Water Acclimation- Preschool

Saturday 9:45am, 10:20am, 10:55am  
or 11:30am

Monday & Wednesday 9:30am

Tuesday & Thursday 10:15am

Tuesday & Thursday 4:00pm

Tuesday & Thursday 4:35pm

#### 2. Water Movement- Preschool

Monday & Wednesday 10:00am

Monday & Wednesday 4:00pm

Tuesday & Thursday 10:00am

Tuesday & Thursday 4:00pm

Saturday 9:45am, 10:20am, 10:55am  
or 11:30am

#### 3. Water Stamina- Preschool

Monday & Wednesday 10:00am

Monday & Wednesday 4:35pm

Tuesday & Thursday 10:30am

Tuesday & Thursday 4:35pm

Saturday 9:45am or 11:05am

#### 4. Stroke Introduction- Preschool

Saturday 10:05am

#### 5. Stroke Development- Preschool

Saturday 10:40am



### YOUTH STAGES

Ages 6 years & up

45 Minutes

Members: \$112

Program Participants: \$168

#### 1. Water Acclimation- Youth

Monday & Wednesday 9:30am

Tuesday & Thursday 9:30am

Tuesday & Thursday 4:00pm

Saturday 10:20am or 11:35am

#### 2. Water Movement- Youth

Monday & Wednesday 4:30pm

Saturday 8:35am or 10:40am

#### 3. Water Stamina- Youth

Saturday 9:15am or 11:15am

#### 4. Stroke Introduction- Youth

Tuesday & Thursday 5:30pm

Saturday 11:15am

#### 5. Stroke Development- Youth

Monday & Wednesday 5:20pm

Tuesday & Thursday 4:45pm

Saturday 8:35am or 9:20am

#### 6. Stroke Mechanics- Youth

Saturday 10:40am

## THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue

Red Bank, NJ 07701

P. 732.741.2504 ext 211

aquatics@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered  
based on availability of funds