



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 1 SWIM SCHEDULE

PARENT & CHILD CLASSES

HUBER POOL | 30 MINUTES | Members: \$85 | Program Participants: \$130

PARENT & CHILD CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A. WATER DISCOVERY			10:05 am		10:05 am	8:35 am	9:00 am
B. WATER EXPLORATION		10:05 am	10:40 am	10:05 am		9:10 am	8:25 am

PRESCHOOL STAGES

HUBER POOL or BODMAN POOL | 30 MINUTES | Members: \$85 | Program Participants: \$130

PRESCHOOL CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. WATER ACCLIMATION 3 - 5 YEARS HUBER POOL	10:05 am 4:05 pm 4:40 pm	10:40 am 4:00p 4:35p 5:10 pm	4:05 pm 4:40 pm	4:05 pm		9:45a 10:20a 10:55a 11:30a 12:00 pm	9:30 am
2. WATER MOVEMENT 3 - 5 YEARS HUBER POOL	5:45 pm	3:30 pm 4:55 pm	11:15 am 3:30 pm 4:55 pm	11:15 am 4:05 pm	10:40 am	9:45a 10:20a 10:55 am 11:30 am	10:05 am
3. WATER STAMINA 3 - 5 YEARS HUBER POOL	10:40 am 5:15 pm	4:05 pm	11:15 am 4:20 pm 5:30 pm	11:15 am 4:40 pm 5:30 pm		9:45 am 11:05 am	10:40 am
4. STROKE INTRODUCTION 3 - 5 YEARS BODMAN POOL	4:25 pm	4:00 pm	3:30 pm		11:15 am (Huber Pool)	11:30 am	
5. STROKE DEVELOPMENT 3 - 5 YEARS BODMAN POOL	4:25 pm		4:00 pm			11:00 am	

YOUTH STAGES — INTERMEDIATE

BODMAN POOL | 45 MINUTES | Members: \$112 | Program Participants: \$168

YOUTH CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. WATER ACCLIMATION 6 - 12 YEARS HUBER POOL		5:30 pm	5:15 pm	4:40 pm		10:20 am 11:40 am	
2. WATER MOVEMENT 6 - 12 YEARS BODMAN POOL	3:35 pm	4:35 pm	5:20 pm	5:15 pm (Huber Pool)	4:15 pm	8:30 am 9:20 am 10:10 am	
3. WATER STAMINA 6 - 12 YEARS BODMAN POOL	3:35 pm	3:45 pm	4:30 pm		5:45 pm	8:30 am 9:20 am 10:10 am	
4. STROKE INTRODUCTION 6 YEARS & UP		3:45 pm 5:25 pm	4:30 pm		5:00 pm	8:30 am 10:10 am	

THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue
 Red Bank, NJ 07701

P. 732.741.2504
aquatics@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered
 based on availability of funds.

YOUTH STAGES — ADVANCED

BODMAN POOL | 45 MINUTES | Members: \$112 | Program Participants: \$168

YOUTH CLASSES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5. STROKE DEVELOPMENT 6 YEARS & UP		5:00 pm	4:35 pm	4:30 pm 5:20 pm			9:20 am 11:00 am	
	6. STROKE MECHANICS 6 YEARS & UP	5:45 pm		5:20 pm			12:00 pm	

PRE- COMPETITIVE

BODMAN POOL | 60 MINUTES | Members: \$162 | Program Participants: \$246

COMPETITIVE CLASSES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COMPETITIVE STROKE 8 - 17 YEARS			6:10 pm		6:00 pm		11:45 am	

ADULT STAGES

HUBER or BODMAN POOL | 45 MINUTES | Members: \$112 | Program Participants: \$168

ADULT CLASSES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEEN/ADULT BEGINNER 13+ YEARS				7:10 am	6:00 pm			
	ADULT INTERMEDIATE 18+ YEARS			9:15 am	9:15 am			
	ADULT ADVANCED 18+ YEARS							9:00 am

Y - MASTERS

BODMAN POOL | 90 MINUTES | Members: see below | Program Participants: see below

ADULT SWIM PRACTICE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MASTER'S 18+ YEARS					7:00 pm		7:00 am	

Y-MASTERS

One-Day, 8-Week session
Thursday or Saturday
Y Members: \$85
Program Participants: \$130

Two-Day, 8-Week session
Thursday and Saturday
Y Members: \$127
Program Participants: \$195

CHOOSING THE RIGHT SWIM CLASS/LEVEL

If you cannot determine the right class or think your child has moved up since his/her last class, bring your swimmer in to be tested. Testing will ensure your child will be in the appropriate class.

PRIVATE LESSONS

Private swim lessons are for adults and children of ALL abilities to work with an instructor towards their goals. These 30-minute private lesson sessions are scheduled to accommodate your busy schedule and are available in increments of 1, 4 or 8. Share the lesson with a fellow Y member and save! **PLEASE NOTE:** There is a 24-hour cancellation policy on all private swim lessons. Services will be charged if an appointment is not cancelled 24 hours in advance.

PROGRAM CREDIT/REFUND POLICY

No refunds will be issued after classes begin. Credits will only be given if the program enrollee is unable to participate in that program due to a serious injury or illness that will cause them to miss three (3) or more consecutive classes during a session. Credit requests must be accompanied by a doctor's note and submitted to the program director prior to the end of the session in which you are requesting a credit. Credits will be posted to your account and must be used within one year.

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