



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# SPRING 1 SWIM SCHEDULE

## PARENT & CHILD STAGES

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

PARENT & CHILD STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>A. WATER DISCOVERY</b> 6 – 18 MONTHS			10:05 am		10:05 am	8:35 am	9:00 am
<b>B. WATER EXPLORATION</b> 19 – 36 MONTHS			10:40 am	10:05 am		9:10 am	8:30 am
<b>PARENT &amp; CHILD COMBO</b> 6 – 36 MONTHS		10:05 am					

## PRESCHOOL STAGES

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

PRESCHOOL STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1. WATER ACCLIMATION</b> 3 – 5 YEARS HUBER POOL	10:05 am 4:05 pm 5:15 pm	10:40 am 5:30 pm	3:45 pm 4:40 pm	4:05 pm		9:45 am 10:20 am 10:55a 11:30a	9:30 am
<b>2. WATER MOVEMENT</b> 3 – 5 YEARS HUBER POOL	5:45 pm	3:30 pm 4:55 pm	3:30 pm 4:55 pm	11:15 am 4:05 pm	10:40 am	9:45 am 10:20 am 10:55a 11:30a	10:00 am
<b>3. WATER STAMINA</b> 3 – 5 YEARS HUBER POOL	10:40 am 4:40 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	10:30 am
<b>4. STROKE INTRODUCTION</b> 3 – 5 YEARS BODMAN POOL	4:15 pm	4:00 pm	3:30 pm		11:15 am (Huber Pool)	11:30 am	
<b>5. STROKE DEVELOPMENT</b> 3 – 5 YEARS BODMAN POOL	4:15 pm	3:30 pm	4:00 pm			8:30 am 11:00 am	

## YOUTH STAGES — INTERMEDIATE

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

YOUTH STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1. WATER ACCLIMATION</b> 6 – 12 YEARS HUBER POOL			5:15 pm	4:40 pm		10:20 am 11:40 am	
<b>2. WATER MOVEMENT</b> 6 – 12 YEARS BODMAN POOL	3:30 pm	4:35 pm	5:20 pm	5:15 pm (Huber Pool)		8:30 am 11:00 am	
<b>3. WATER STAMINA</b> 6 – 12 YEARS BODMAN POOL	3:30 pm	3:45 pm	4:30 pm			8:30 am 10:10 am 11:50 am	
<b>4. STROKE INTRODUCTION</b> 6 YEARS & UP		3:45 pm 5:25 pm	4:30 pm			9:20 am 11:00 am	

## THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue  
 Red Bank, NJ 07701

P. 732.741.2504  
 aquatics@cymca.org

[TheCommunityYMCA.org](http://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 STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5. STROKE DEVELOPMENT</b> BODMAN POOL 6 YEARS & UP	5:00 pm	4:35 pm	4:30 pm 5:20 pm			9:20 am 10:10 am	
<b>6. STROKE MECHANICS</b> 6 YEARS & UP	5:45 pm		5:20 pm			10:10 am 12:00 pm	

## PRE- COMPETITIVE

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

PRE-COMPETITIVE STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>COMPETITIVE STROKE</b> 8 - 17 YEARS		6:10 pm	6:05 pm	6:00 pm		8:30 am	

## ADULT LESSONS

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

ADULT STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TEEN/ADULT BEGINNER</b> 13 YEARS & UP			7:10 am 6:00 pm				
<b>ADULT INTERMEDIATE</b> 18 YEARS & UP			9:15 am	9:15 am			
<b>ADULT ADVANCED</b> 18 YEARS & UP							9:00 am

## Y-MASTERS

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

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ADULT MASTER</b> 18 YEARS & UP				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 or Saturday  
Y Members: \$127  
Program Participants: \$195

One-Day, 16 Week session  
Thursday or Saturday  
Y Members: \$127  
Program Participants: \$195

Two-Day, 16 Week session  
Thursday and Saturday  
Y Members: \$175  
Program Participants: \$260

### 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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