



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER SWIM SCHEDULE

PARENT & CHILD STAGES

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

STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDA	FRIDAY	SATURDAY	SUNDAY
A. WATER DISCOVERY 6 – 18 MONTHS						8:30 am	
B. WATER EXPLORATION 19 – 36 MONTHS						9:00 am	
PARENT & CHILD COMBO 6 – 36 MONTHS		10:05 am	10:05am	10:05am	10:0am		9:00am

PRESCHOOL STAGES

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

STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDA	FRIDAY	SATURDAY	SUNDAY
1. WATER ACCLIMATION 3 – 5 YEARS HUBER POOL	10:05 am 4:15 pm 5:15 pm	10:40 am 5:30 pm	3:45pm 4:40 pm	4:05 pm		9:45 am 10:20 am 10:55am 11:30am	9:30 am
2. WATER MOVEMENT 3 – 5 YEARS HUBER POOL	5:45 pm	3:30 pm 4:55 pm	4:00 pm 4:55 pm	11:15 am 3:30pm	10:40 am	9:45 am 10:20 am 10:55am 11:30am	10:00 am
3. WATER STAMINA 3 – 5 YEARS HUBER POOL	10:40 am 4:45 pm	4:05 pm	11:15 am 4:20 pm 5:30 pm	11:15 am 4:40 pm		9:45 am 10:20 am 10:55am 11:30am	10:30 am
4. STROKE INTRODUCTION 3 – 5 YEARS BODMAN POOL		4:00 pm	3:30 pm		11:15 am (Huber Pool)	11:30 am	
5. STROKE DEVELOPMENT 3 – 5 YEARS BODMAN POOL	4:15 pm	3:30 pm	4:00 pm			9:40am 11:00am	

YOUTH STAGES— INTERMEDIATE

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

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

YOUTH STAGES — ADVANCED

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

STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5. STROKE DEVELOPMENT 6 YEARS & UP	5:00 pm		4:30 pm			10:10 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

STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COMPETITIVE STROKE 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

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

Y-MASTERS

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

STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT MASTER 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 or 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 Senior 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.

THE COMMUNITY YMCA

RED BANK FAMILY YMCA

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.