



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE WITH EVERY STROKE

SUMMER SWIM PROGRAMS

Parent & Child/Preschool Stages- 30 minutes

DAYS	Monday-Thursday	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday
DATES	July 8-July 18 July 22-August 1	June 24-July 19 July 22-August 16	June 4-July 19* July 22-August 16	June 24-August 18	June 24-August 18
Parent & Child 6-36 months				10:00 a.m.	
Water Discovery 6-18 months					8:30 a.m.
Water Exploration 18-36 months					9:00 a.m.
Water Acclimation Ages 3-5	10:00 a.m. 3:00 p.m.	11:05 a.m. 4:00 p.m.	4:35 p.m.		9:45 a.m. 11:30 a.m.
Water Movement Ages 3-5	10:00 a.m. 3:00 p.m.	11:05 a.m. 4:35 p.m.	4:00 p.m.		10:20 a.m. 10:55 a.m.
Water Stamina Ages 3-5	10:00 a.m. 3:00 p.m.	10:30 a.m. 5:10 p.m.			10:55 a.m.
Stroke Introduction Ages 3-5		10:15 a.m.	4:35 p.m.		8:45 a.m.
Stroke Development*					9:55 a.m.

Youth Stages- 30 minutes/45 minutes

DAYS	Monday-Thursday	Monday & Wednesday	Tuesday & Thursday	Thursday	Saturday
DATES	July 8-July 18 July 22-August 1	June 24-July 19 July 22-August 16	June 4-July 19* July 22-August 16	June 24-August 18*	June 24-August 18
Acclimation/Movement Ages 6-12	9:30 a.m. 3:30 p.m.				
Water Acclimation Ages 6-12		10:30 a.m.	5:10 p.m.		10:20 a.m. 11:30 a.m.
Water Movement Ages 6-12		6:30 p.m.	4:00 p.m.		10:30 a.m.
Water Stamina Ages 6-12	9:30 a.m. 3:30 p.m.	4:15 p.m.	5:10 p.m.		9:20 a.m. 11:00 a.m.

Stroke Introduction Ages 6-12		10:00 a.m. 5:40 p.m.			8:30 a.m.
Stroke Development Ages 6-12		4:50 p.m.			9:20 a.m.
Stroke Mechanics Ages 6-12					10:10 a.m.
Competitive Stroke Ages 7-17*					8:30am

Teen & Adult Stages 45 minutes

DAYS	Monday-Thursday	Monday & Wednesday	Tuesday & Thursday	Thursday	Saturday
DATES	July 8-July 18 July 22-August 1	June 24-July 19 July 22-August 16	June 4-July 19* July 22-August 16	June 24-August 18*	June 24-August 18
Teen Intermediate Ages 11-17				5:45 p.m.	11:05 a.m.
Adult Beginner Ages 18+				5:45 p.m.	

Y-Masters Ages 18+

Thursday	Saturday
June 17-August 18*	June 17-August 18
7:00 p.m.	7:00 a.m.

*No class July 4th

*Participants must gain approval from Caitlin Minnich, Swim Lessons Coordinator, to qualify for Preschool Stroke Development or Youth Competitive Stroke

* 30-minute class pricing; Member \$85, Program Participants \$130

* 45-minute class pricing; Members \$112, Program Participants \$168

For more information, contact Swim Lessons Coordinator Caitlin Minnich at cminnich@cymca.org or 732.741.2504 ext. 220.

THE COMMUNITY YMCA

RED BANK FAMILY YMCA

166 Maple Avenue
Red Bank, NJ 07701

P. 732.741.2504
membership@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered
based on availability of funds.