

SUMMER SESSION I & 2 July 2-29, 2018 & July 30-August 26, 2018 NO PROGRAM CLASSES: INDEPENDENCE DAY WEDNESDAY 4, 2018

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SMALL POOL Swim Starters	SMALL POOL Preschool Ages 3-5yrs (1:6)	SMALL POOL School Age 5-12yrs (1:8)	SMALL POOL Teen/Adult 12yrs + (1:8)
6-36 months	Water Acclimation – Stage 1	School Age 5-12yrs (1:8) Water Acclimation – Stage 1	Water Acclimation – Stage 1
Water Discovery 6-18m(1:10)	Monday 9:00-9:30am	Wednesday 4:00-4:45pm	Monday 7:00-8:00pm
Tuesday 9:00-9:30am	Monday 4:00-4:30pm	Friday 4: 30-5: 15pm	Thursday 7:00-8:00pm
Wednesday 9:00-9:30am	Wednesday 4:00-4:30pm	,	Saturday 12:00-1:00pm
Saturday 9:30-10:00am	Friday 3:30-4:00pm	SMALL POOL	SMALL POOL
Sunday 11:00-11:30am	Saturday 9:30-10:00am	Water Movement - Stage 2	Water Movement - Stage 2
Water Exploration 6-18m (1:10)	Saturday 11:30am-12:00pm	Monday 4:30-5:15pm	Wednesday 7:00-8:00pm
Monday 9:00-9:30am	Sunday 9:00-9:30am	Tuesday 5:15-6:00pm	Sunday 11:30am-12:30pm
Thursday 9:00-9:30am	Sunday 12:45-1:15pm	Thursday 5:15-6:00pm	SMALL POOL
Saturday 10:00-10:30am		Friday 4: 30-5: 15pm	Water Stamina – Stage 3
Sunday 9:30-10:00am	CMALL DOOL	Saturday 10:45-11:30am	Tuesday 7:00-8:00pm
SMALL POOL	SMALL POOL Water Movement - Stage 2	Sunday 9:00-9:45am SMALL POOL	Thursday 7:00-8:00pm SMALL POOL (1:10)
Water Discovery 18-36m(1:10)	Monday 9:00-9:30am	Water Stamina – Stage 3	Stroke Introduction - Stage 4
Tuesday 9:00-9:30am	Monday 4:30-5:00pm	Monday 5:15-6:00pm	Monday 7:00-8:00pm
Wednesday 9:00-9:30am	Wednesday 9:00-9:30am	Tuesday 4:30-5:15pm	
Saturday 10:30-11:00am	Wednesday 4:30-5:00pm	Wednesday 5: 15-6: 00pm	SMALL POOL (1:10)
Sunday 10:00-10:30am	Thursday 5:00-5:30pm	Thursday 4:30-5:15pm	Stroke Developement - Stage 5
Water Exploration 18-36(1:10) Monday 9:00-9:30am	Friday 3:30-4:00pm Saturday 9:00-9:30am	Friday 5:15-6:00pm Saturday 10:45-11:30pm	Tuesday 7:00-8:00pm LARGE POOL (1:10)
Thursday 9:00-9:30am	Saturday 9:00-9:30am Saturday 10:00-10:30am	Sunday 10:45-11:30pm Sunday 10:45-11:30am	Stroke Mechanics - Stage 6
Saturday 11:00-11:30am	Saturday 10:00-10:30am Saturday 12:30-1:00pm	SMALL POOL	Wednesday 7:00-8:00pm
Sunday 10:30-11:00am	Sunday 9:00-9:30am	Stroke Introduction - Stage 4	7.00 0.000111
SMALL POOL	Sunday 10:00-10:30am	Monday 5:15-6:00pm	•
Preschool Ages 2.5-5yrs (1:10)	Sunday 12:15-12:45pm	Tuesday 4: 30-5: 15pm	
Water Acclimation w/Parent	SMALL POOL	Thursday 4:30-5:15pm	
Friday 9:00-9:30am	Water Stamina – Stage 3	Friday 5: 15-6: 00pm	
Saturday 9:00-9:30am	Monday 4:00-4:30pm	Saturday 9:00-9:45am	LABOT BOOL
Sunday 12:15-12:45pm	Tuesday 9:30-10:00am	Sunday 9: 45-10: 30am	LARGE POOL
	Wednesday 9:00-9:30am	LARGE POOL	Youth 10-17yrs (1:10)
	Wednesday 5:30-6:00pm Thursday 5:30-6:00pm	Stroke Introduction - Stage 4 Saturday 10:00-10:45am	Competitive Skills and Drills Saturday 10:45-11:15pm
	Friday 4:00-4:30pm	Sunday 10:45-11:30am	Sunday 10:45-11:15pm
	Saturday 9:30-10:00am	SMALL POOL	To. ocam To. Topin
	Sunday 9:30-10:00am	Stroke Developement -Stage 5	LARGE POOL
	SMALL POOL	Wednesday 4:45-5:30pm	Youth 6-18yrs (1:10)
	Stroke Introduction - Stage 4	Sunday 11:30am-12:15pm	Summer Swim Team Clinic
	Monday 4:00-4:30pm	LARGE POOL	Monday 5:00-6:00
	Tuesday 5:30-6:00pm Thursday 9:00-9:30am	Stroke Developement -Stage 5 Monday 5: 30-6: 15pm	Wednesday 5:00-6:00 Friday 5:00-6:00
	Friday 9:30-10:00am	Friday 5: 30-6: 15pm	3.00 0.00
	Friday 4:00-4:30pm	Saturday 12:15-1:00pm	*All new participants must be swim
	Saturday 11:30am-12:00pm	Sunday 11: 30am-12: 15pm	tested before registering*
	Sunday 12:45-1:15pm	SMALL POOL	
		Stroke Mechanics - Stage 6	*If a class is full, please add yourself
		Thursday 5:15-6:00pm	to the waiting list so we can
		LARGE POOL	determineif an additional instructor
CMINA	_	Stroke Mechanics - Stage 6	or class is needed*
SWIM STARTERS		Saturday 10:45-11:30am Sunday 10:00-10:45am	SWIM STROKES
		Sunday	5-12YRS
Water Discovery (A)			TEEN/ADULT 12+
			STAGE 1
Water Exploration (B)			WATER ACCLIMATION
			STAGE 2
SWIM			WATER MOVEMENT
BASICS 3-5YRS			STAGE 3
STAGE 1			WATER STAMINA
WATER ACCLIMATION			STAGE 4
STAGE 2 WATER MOVEMENT			STROKE INTRODUCTION
STAGE 3			STAGE 5
WATER STAMINA			STROKE
STAGE 4			DEVELOPMENT
STROKE			STAGE 6
INTRODUCTION	Ouestions? places contact: Ma	lanie Torres 212-912-2676	STROKE MECHANICS
	Questions? please contact: Me	name runes 212-712-20/0	MECHANICS
	·	Torresm@ymcanyc.org	