

SPRING 2 SESSION – REGISTRATION OPENS APRIL 17TH



April 24th to June 18th

Swim lessons not only keep kids safe in, on, and around the water, they can also be the first step in learning to lifeguard, being part of a swim team, and exercising through lap swimming. Our experienced instructors emphasize personal safety, swimming skills, endurance and social skills, while guiding students with praise and encouragement. Swim lessons are available for individuals of all ages and abilities.

Need to schedule an evaluation?

Evaluations are **free** and usually take no more than 15 minutes to complete. Ask at the Member Service Desk for more information.

Class Rates

(for Ski, Perch, Pike, Eel, Ray and Starfish Levels)

Program Members	Full Members
\$210*	\$130

8 classes

*Program members annual \$60 registration Fee.

Swim diapers are required for children who are not toilet trained.

CREDITS ARE ONLY ISSUED FOR MEDICAL REASONS IN WRITING FROM A PHYSICIAN.



whiteplains.ymca-cnw.org
914.949.8030

Infant Swim Lessons

6 to 36 Months



SHRIMP (6 to 18 Months)

***Swim Diapers Required**

- Saturday 8:15AM to 8:45AM
- Sunday 8:15AM to 8:45AM



PERCH (19 to 36 Months)

***Swim Diapers Required**

- Saturday 8:55AM to 9:25AM
- Sunday 8:55AM to 9:25AM

Pre-School Level Swim Lessons

3 to 5 Years



PIKE

- Tuesday 4:00PM to 4:30PM
- Thursday 5:10PM to 5:40PM
- Saturday 9:35AM to 10:05AM
- Saturday 12:30PM to 1:00PM
- Sunday 9:35AM to 10:05AM
- Sunday 12:20PM to 12:50PM



EEL (Evaluation Required)

- Tuesday 4:30PM to 5:00PM
- Saturday 10:15AM to 10:45AM
- Saturday 1:10PM to 1:40PM
- Sunday 10:15AM to 10:45AM
- Sunday 2:00PM—2:30PM



RAY (Evaluation Required)

- Tuesday 4:40PM to 5:10PM
- Saturday 10:55AM to 11:25AM
- Sunday 10:55AM to 11:25AM



STARFISH (Evaluation Required)

- Saturday 1:05PM to 1:35PM

* We reserve the right to combine/close classes due to class size and will make every possible convenient accommodation for the swimmer.

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Class Rates

(for Pollywog 1&2, Fish, Guppy, Minnow, Teen and Adult Levels)

Program Members	Full Members
\$225*	\$145

8 classes

*Program members annual \$60 registration Fee.

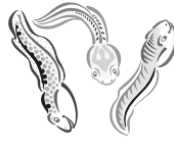
Swim caps are required for all Swimmers with hair longer than 1in.

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Youth Swim Lessons 6 to 12 Years



POLLIWOG 1

- Saturday 12:10PM to 12:55PM
- Sunday 11:30AM to 12:15PM



POLLIWOG 2 (Evaluation Required)

- Sunday 1:15PM to 2:00PM



Guppy (Evaluation Required)

- Thursday 4:35PM to 5:20PM
- Saturday 10:30AM to 11:15AM



Minnow (Evaluation Required)

- Thursday 5:30PM to 6:15PM
- Saturday 11:25AM to 12:20PM



FISH (Evaluation Required)

- Saturday 12:30PM to 11:15PM

Teen & Adult Swimming Classes



Teen (13 to 17 years old)

Taught to any level!

- Saturday 2:00PM to 2:30PM

Adult Beginner

- Thursday 7:40PM to 8:20PM
- Saturday 11:35AM to 12:20PM

Adult Intermediate (

(Evaluation Required)

- Wednesday 7:15PM to 8:00PM

* We reserve the right to combine/close classes due to class size and will make every possible convenient accommodation for the swimmer.