



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

Fall 2011 Swimming Schedule

Adult, Preschool, Youth & Teen Instruction
ALEXANDER FAMILY YMCA

Table of contents:

**Page 1..... Parent-Child Instruction Offerings
Preschool Instruction Offerings
Youth Instruction Offerings**

**Page 2..... Competitor (Advanced Youth & Teen Instruction) Offerings
Adult Instruction Offerings
Private Instruction Offerings**

Alexander YMCA Parent-Child Instruction (Parents & children ages 6-36 months)

These classes are designed to teach parents how to help their children learn the basic building blocks of swimming- focusing on water acclimation and water safety.

Dates	Session	Time	Cost	Classes Held	Registration OPEN/CLOSE
Sep 10 - Oct 1 <i>Saturdays</i>	9PC	10:35-11:10am	(M) \$31 (PP) \$37	4	OPEN August 1 <i>Closed 5 days prior to lesson start-date</i>
Oct 8 - Oct 29 <i>Saturdays</i>	10PC	10:35-11:10am			
Nov 5 - Dec 3 <i>*no class on November 26th Saturdays</i>	11PC	10:35-11:10am			

Alexander YMCA Preschool Lessons (ages 3-5)

In preschool instruction students will learn the basics of swimming- water safety skills (blowing bubbles, treading water, jumping in), front crawl stroke, back crawl & elementary backstroke, while having a fun, safe time in the water.

Dates	Session	Time	Cost	Classes Held	Registration OPEN/CLOSE
Sep 6- Sep 29 <i>Tuesdays and Thursdays</i>	9PT	4:35-5:10pm	(M) \$88 (PP) \$105	8	OPEN August 1 <i>Closed 5 days prior to lesson start-date</i>
Oct 4 - Oct 27 <i>Tuesdays and Thursdays</i>	10PT	4:35-5:10pm			
Nov 1 - Nov 22 <i>*note lower prices Tuesdays and Thursdays</i>	11PT	4:35-5:10pm			
Nov 29 - Dec 20 <i>*note lower prices Tuesdays and Thursdays</i>	12PT	4:35-5:10pm	<i>*(\$77 & \$92) Nov 1- Nov 22 Nov 29-Dec 20</i>	<i>*7 Nov 1-Nov 22 Nov 29-Dec 20</i>	
Sep 10 - Oct 1 <i>Saturdays</i>	9PS	9:00-9:35am	(M) \$44 (PP) \$53	4	OPEN August 1 <i>Closed 5 days prior to lesson start-date</i>
Oct 8 - Oct 29 <i>Saturdays</i>	10PS	9:00-9:35am			
Nov 5 - Dec 3 <i>*no class on November 26th Saturdays</i>	11PS	9:00-9:35am			

Alexander YMCA Youth Instruction (ages 6-12)

In youth instruction students will learn the basics of swimming- water safety skills (treading water, jumping in, breathing correctly) front crawl stroke, backstroke & elementary backstroke, while having a fun, safe time in the water.

Dates	Session	Time	Cost	Classes Held	Registration OPEN/CLOSE
Sep 6- Sep 29 <i>Tuesdays and Thursdays</i>	9YT	5:15-6:05pm	(M) \$92 (PP) \$140	8	OPEN August 1 <i>Closed 5 days prior to lesson start-date</i>
Oct 4 - Oct 27 <i>Tuesdays and Thursdays</i>	10YT	5:15-6:05pm			
Nov 1 - Nov 22 <i>*note lower prices due to no class November 24th Tuesdays and Thursdays</i>	11YT	5:15-6:05pm			
Sep 10 - Oct 1 <i>Saturdays</i>	9YS	9:40-10:30am	(M) \$46 (PP) \$70	4	OPEN August 1 <i>Closed 5 days prior to lesson start-date</i>
Oct 8 - Oct 29 <i>Saturdays</i>	10YS	9:40-10:30am			
Nov 5 - Dec 3 <i>*no class on November 26th Saturdays</i>	11YS	9:40-10:30am			

Alexander YMCA Advanced Youth & Teen Instruction (ages 5-18)

Competitor Swim Practice focuses on stroke technique for improved front crawl & back stroke, learning & improving breaststroke & butterfly, diving and turns. Participants must be able to swim at least 25 yards on their front, 25 yards on their back & tread water for 30 seconds. Swimmers have the option to sign-up for the entire fall season or just individual sessions. If you register for the entire season you may choose to sign-up for one, two or three practices each week. You will be expected to choose your swim days at the start of the season.

Dates	Session	Time	Cost	Classes Held	Registration OPEN/CLOSE
Sep 6 – Dec 20 <i>*Your swim days must be chosen at the start of the season</i>	9C3	Tuesday - Thursday 5:15-6:05pm	(M) \$196 (PP) \$235	3 times a week	OPEN August 1 <i>Closed 5 days prior to start-date</i>
	9C2	Saturdays 9:40-10:30am	(M) \$152 (PP) \$182	2 times a week	
	9C1		(M) \$104 (PP) \$125	1 time a week	
Sep 6- Sep 29 <i>Tuesdays and Thursdays</i>	9CT	5:15-6:05pm	(M) \$82 (PP) \$99 <i>*(\$77 & \$92)</i> <i>Nov 1- Nov 22</i> <i>Nov 29-Dec 20</i>	8 <i>*7</i> <i>Nov 1-Nov 22</i> <i>Nov 29-Dec 20</i>	OPEN August 1 <i>Closed 5 days prior to lesson start-date</i>
Oct 4 – Oct 27 <i>Tuesdays and Thursdays</i>	10CT	5:15-6:05pm			
Nov 1 – Nov 22 <i>*note lower prices</i> <i>Tuesdays and Thursdays</i>	11CT	5:15-6:05pm			
Nov 29 – Dec 20 <i>*note lower prices</i> <i>Tuesdays and Thursdays</i>	12CT	5:15-6:05pm			
Sep 10 - Oct 1 <i>Saturdays</i>	9CS	9:40-10:30am	(M) \$46 (PP) \$70	4	OPEN August 1 <i>Closed 5 days prior to lesson start-date</i>
Oct 8 – Oct 29 <i>Saturdays</i>	10CS	9:40-10:30am			
Nov 5 – Dec 3 <i>*no class on November 26th</i> <i>Saturdays</i>	11CS	9:40-10:30am			

Alexander YMCA Adult Instruction (Ages 13&up)

Adult Instruction is mainly a participant-driven experience. Instructors are prepared to teach the basics of swimming or advanced stroke technique depending on the personal goals of the session participants.

Dates	Session	Time	Cost	Classes Held	Registration OPEN/CLOSE
Sep 10 - Oct 1 <i>Saturdays</i>	9A	10:35-11:25am	(M) \$46 (PP) \$70	4	OPEN August 1 <i>Closed 5 days prior to lesson start-date</i>
Oct 8 – Oct 29 <i>Saturdays</i>	10A	10:35-11:25am			
Nov 5 – Dec 3 <i>*no class on November 26th</i> <i>Saturdays</i>	11A	10:35-11:25am			

Alexander YMCA Private Instruction (all ages & abilities)

Private lessons allow instructors to work with any special needs or goals that participants have in a one-on-one setting.

Dates	Available Times	Cost, per 30 min	Specifics	Registration OPEN/CLOSE
Wednesdays <i>Sep 7 – Dec 14</i>	4:40-5:10pm	(M) \$42	Please contact Jessica.Wagstaff@ymcatriangle.org to discuss swim level prior to class time.	OPEN August 1 <i>Closed 5 days prior to lesson start date</i>
Thursdays <i>Sep 8 – Dec 15</i>	4:00-4:30pm or 6:10-6:40pm	(PP) \$53		