

**Alexander YMCA Quarterly Swimming Schedule**  
Youth Instruction, Summer Season 2010

**Preschool Lessons (ages 3-5)**

Dates	Session	Time	Cost	Classes Held	Registration OPEN/CLOSE
<b>May 24-June 9*</b> <i>*There will be no class on 5/31 Mondays and Wednesdays</i>	16	5:15pm-5:50pm	Member: \$66 Participant: \$79	6	<b>OPEN March 15<sup>th</sup></b> / Closed 4 days prior to lesson start-date
<b>June 14-June 30</b> <i>Mondays and Wednesdays</i>	19	5:15pm-5:50pm			
<b>July 12-July 28</b> <i>Mondays and Wednesdays</i>	20	5:15pm-5:50pm			
<b>Aug 2-Aug 18</b> <i>Mondays and Wednesdays</i>	22	5:15pm-5:50pm			
<b>May 4-May 20</b> <i>Tuesdays and Thursdays</i>	2	4:10pm-4:45pm			
<b>May 25-June 10</b> <i>Tuesdays and Thursdays</i>	17	5:15pm-5:50pm			
<b>June 15-July 1</b> <i>Tuesdays and Thursdays</i>	18	5:15pm-5:50pm			
<b>July 13-July 29</b> <i>Tuesdays and Thursdays</i>	21	5:15pm-5:50pm			
<b>Aug 3-Aug 19</b> <i>Tuesdays and Thursdays</i>	23	5:15pm-5:50pm			

**Youth Lessons (ages 6-12)**

Dates	Session	Time	Cost	Classes Held	Registration OPEN/CLOSE
<b>May 24-June 9*</b> <i>*There will be no class on 5/31 Mondays and Wednesdays</i>	7	6:00pm-6:50pm	Member: \$69 Participant: \$105	6	<b>OPEN March 15<sup>th</sup></b> / Closed 4 days prior to lesson start-date
<b>June 14-June 30</b> <i>Mondays and Wednesdays</i>	9	6:00pm-6:50pm			
<b>July 12-July 28</b> <i>Mondays and Wednesdays</i>	11	6:00pm-6:50pm			
<b>Aug 2-Aug 18</b> <i>Mondays and Wednesdays</i>	13	6:00pm-6:50pm			
<b>May 4-May 20</b> <i>Tuesdays and Thursdays</i>	1	4:50pm-5:40pm			
<b>May 25-June 10</b> <i>Tuesdays and Thursdays</i>	8	6:00pm-6:50pm			
<b>June 15-July 1</b> <i>Tuesdays and Thursdays</i>	10	6:00pm-6:50pm			
<b>July 13-July 29</b> <i>Tuesdays and Thursdays</i>	12	6:00pm-6:50pm			
<b>Aug 3-Aug 19</b> <i>Tuesdays and Thursdays</i>	14	6:00pm-6:50pm			

**Private Swim Lessons (all ages & abilities)**

Dates	Available Times	Cost, per half hour	Specifics	Registration OPEN/CLOSE
<b>Available May, 2010</b> <i>Tuesdays or Thursdays</i>	5:00pm-5:30pm 5:45pm-6:15pm	Member: \$42 Participant: \$53	Please contact <a href="mailto:Jessica.Wagstaff@ymcatriangle.org">Jessica.Wagstaff@ymcatriangle.org</a> to discuss swim level, prior to class time.	<b>OPEN March 15<sup>th</sup>/</b> <i>CLOSES the Friday</i> <i>before the scheduled</i> <i>lesson</i>

**Summer Swim Team (ages 5-18)**

Dates	Session	Time	Age Group	Cost	Registration OPEN/CLOSE
<b>Summer Swim Team ONLY</b> <b>June 1-Aug 7</b> <i>Monday- Thursday</i>	1	3:45pm-4:30pm	6 & Under	Member: \$175 Participant: \$210	<b>OPEN March 15<sup>th</sup>/</b> <i>Closed 4</i> <i>days prior to lesson start-date</i>
		3:45pm-4:45pm	7 & 8		
		4:45pm-5:45pm	9 & Up		
<b>Pre-Season Practice +</b> <b>May 3-May 26</b> <i>Mondays and Wednesdays</i>	2	5:00pm-5:45pm	6 & Under	Member: \$210 Participant: \$250	<b>OPEN March 15<sup>th</sup>/</b> <i>Closed 4</i> <i>days prior to lesson start-date</i>
		5:00pm-6:00pm	7 & Up		
<b>Summer Swim Team</b> <b>June 1-Aug 7</b> <i>Monday- Thursday</i>		3:45pm-4:30pm	6 & Under		
		3:45pm-4:45pm	7 & 8		
		4:45pm-5:45pm	9 & Up		

Alexander Killer Whales Summer Swim Team 2010

**This year, we will be offering two options for summer swim team athletes.**

**Session 1:** Summer Swim Team ONLY (June 1<sup>st</sup>-August 7<sup>th</sup>)  
Pricing for Session 1: Member \$175 and Non-Member \$210

**Session 2:** Summer Swim Team Plus Pre-Season Practice\* (May 3<sup>rd</sup>-August 7<sup>th</sup>)  
Pre-Season Practice will be held on Mondays and Wednesdays, May 3<sup>rd</sup> through May 26<sup>th</sup>, with the regular season picking up on the 1<sup>st</sup> of June.  
Pricing for Session 2: Member \$210 and Non-Member \$250

\*Pre-Season Practice is a stroke-driven jump start into summer swim team. Join us in May for extra practice and personalized stroke instruction with our summer coaches. This pre-season option is for swimmers who will be on the Alexander YMCA Summer Swim Team. The fee includes both Pre-Season Practice in early May and Summer Swim Team beginning in June. Please be sure to look at the age group your child will be swimming with to determine the time of their practice; times differ from Pre-Season to Summer Swim Team and from one age group to the next.

Questions?  
Contact our Aquatics Coordinator, [Jessica.Wagstaff@ymcatriangle.org](mailto:Jessica.Wagstaff@ymcatriangle.org)