



We build strong kids, strong families, strong communities.

Cortland County Family YMCA 2010-2011 Swimming Lessons

Session	Starting Date	Ending Date	Register By
One	13-Sep	22-Oct	14-Sep
Two	25-Oct	3-Dec	26-Oct
Three	6-Dec	27-Jan	7-Dec
Four	1-Feb	11-Mar	2-Feb
Five	28-Mar	13-May	29-Mar
Six	16-May	24-Jun	17-May

**Progressive Group Swim Lessons for all swimming levels!
Starting at 4 years old!**

SESSION ONE, TWO, & THREE: **MONDAY & WEDNESDAY**

Session 4, 5, & 6 T.B.D

**Goggles
recommended
\$5 at YMCA**

CLASS TIMES & BASIC DESCRIPTIONS:

- **Beginner: 3:30- 4:00PM-** Floating, submerging, kicking, and basic arm movement
- **Intermediate: 4:00- 4:30PM-** Introduction to freestyle, back stroke, and deep water
- **Advanced: 4:30-5:00PM-** Freestyle, back stroke, breaststroke, butterfly, and diving

RATES:

Members: \$42.00

Non-Members: \$60.00

***Save on lessons; join the Y as a member!!**

Private Lessons are available. Private lessons are a one-on-one time with instructor and student. Member rates are \$14.00 with nonmember rates being \$18.00 per ½ an hour.

CORTLAND COUNTY FAMILY YMCA
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