



Cortland County Family YMCA

2011-2012 Swimming Lessons

Session	Starting Date	Ending Date	Register By	No Lessons
One	12-Sep	21-Oct	10-Sep	
Two	24-Oct	2-Dec	25-Oct	
Three	5-Dec	20-Jan	6-Dec	Dec 26- 30
Four	23-Jan	9-Mar	24-Jan	Feb 20- 24
Five	12-Mar	27-April	13-Mar	April 16-20
Six	30-April	8-Jun	1-May	

**Progressive Group Swim Lessons for all swimming levels!
Starting at 4 years old! Lessons are on Mondays and Wednesdays!**

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: \$45.00**
- **Community Members: \$65.00**