

# STRONG SWIMMERS CONFIDENT KIDS

ALL  
NEW

SWIM LESSON  
PROGRAMS



## 2018 Fall Swim Academy LAKE NONA YMCA FAMILY CENTER

### Monday & Wednesday

(4 week session - 8 classes)

#### SESSION DATES

Aug 13 - Sep 7  
Sept 10 - Oct 4  
Oct 8 - Oct 31

#### Registration Deadline\*

Aug 9  
Sept 6  
Oct 4

#### Preschool Lessons: Monday & Wednesday:

Stage 1: 3:30 PM  
Stage 2: 3:30 PM  
Stage 3: 4:05 PM  
Stage 4: 4:05 PM

#### School Age: Monday & Wednesday:

Stage 1: 4:40 PM  
Stage 2: 4:40 PM  
Stage 3: 5:30 PM  
Pre Swim Team/Stage 5: 5:30 PM

#### Weekday - 8 classes

\$75 Members  
\$150 Non-Members

### Tuesday & Thursday

(4 week session - 8 classes)

#### SESSION DATES

Aug 14 - Sept 6  
Sept 11 - Oct 5  
Oct 9 - Nov 1

#### Registration Deadline\*

Aug 9  
Sept 6  
Oct 4

#### Preschool Lessons: Tuesday & Thursday:

Stage 1: 5:05 PM  
Stage 2: 5:05 PM  
Parent/Child: 4:30 PM

#### School Age & Adult: Tuesday & Thursday:

Stage 3: 5:40 PM  
Stage 4: 5:40 PM  
Teen/Adult Beginner: 6:30 PM

#### Weekday - 8 classes

\$75 Members  
\$150 Non-Members

### Saturdays

(Morning - 4 week session)

#### SESSION DATES

Aug 4-25  
Sep 8 - 29  
Oct 6-27

#### Registration Deadline\*

Aug 1  
Sept 5  
Oct 3

#### Preschool Lessons: Saturday:

Stage 1: 9:05 AM  
Stage 2: 9:05 AM  
Stage 3: 10:30 AM  
Parent Child: 10:30 AM

#### School Age & Adult: Saturday:

Stage 2: 9:40 AM  
Stage 3: 9:40 AM  
Stage 4: 11:00 AM  
Teen/Adult Beginner: 11:00 AM

#### Saturdays - 4 classes

\$38 Members  
\$75 Non-Members

\*\$10 late fee after the registration deadline

LAKE NONA YMCA FAMILY CENTER  
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