

A	B	1	2	3	4	5	6
Water Discovery	Water Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics
Parent/Child	Parent/Child	Preschool or School Age	Preschool or School Age	Preschool or School Age	Preschool or School Age	School Age	School Age

October SwimAcademy

ROSEN YMCA AQUATIC CENTER

Pre-school Classes:
30 minutes
 School Age, Teen/Adult:
45 minutes

Monday & Wednesday
 4 Weeks - 8 Classes
Session Dates:
 September 30 – October 23
Registration Deadline: September 28

Preschool Lessons:

- Stage 1: 4:00pm
- Stage 2: 4:00pm
- Stage 3: 4:30pm
- Stage 4: 4:30pm

School Age Lessons:

- Stage 1: 5:00pm
- Stage 2: 5:00pm
- Stage 3: 5:00pm
- Stage 4: 6:00pm
- Stage 5: 4:00pm, 6:00pm
- Aquatic Conditioning: 6:45pm

Weekday-8 Lessons

\$75 Members
 \$150 Non-Members

Tuesday & Thursday
 4 Weeks - 8 Classes
Session Dates:
 October 1 – October 24
Registration Deadline: September 28

Preschool Lessons:

- Stage 1: 4:00pm
- Stage 2: 4:00pm
- Stage 3: 4:30pm
- Stage 4: 4:30pm

School Age Lessons:

- Stage 1: 5:00pm
- Stage 2: 5:00pm
- Stage 3: 5:00pm
- Stage 4: 4:00pm, 5:00pm
- Stage 5: 6:00pm
- Stage 6: 6:00pm

Weekday-8 Lessons

\$75 Members
 \$150 Non-Members

Saturdays
 4 Week - 4 Classes
Session Dates:
 October 5 – October 26
Registration Deadline: September 28

Preschool Lessons:

- Stage 1: 8:30am
- Stage 2: 8:30am
- Stage 3: 9:00am
- Stage 4: 9:00am

School Age & Teen/Adult Lessons:

- Stage 3: 9:00am
- Stage 4: 9:00am
- Stage 5: 10:00am
- Stage 6: 10:00am
- Teen/Adult Beginner: 8:15am

Weekend-4 Lessons

\$38 Members
 \$75 Non-Members

Questions? Please contact...
Bonnie Booth • (407) 363-1911 ext 3821 • bbooth@cfymca.org

A	B	1	2	3	4	5	6
Water Discovery	Water Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics
Parent/Child	Parent/Child	Preschool or School Age	Preschool or School Age	Preschool or School Age	Preschool or School Age	School Age	School Age

Questions? Please contact...

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