



Youth Swim Lesson Schedule

YMCA of Kingston and Ulster County

January 7, 2019- March 2, 2019

Rates: Non-member \$94.00 & Members-\$52.00

Classes meet once weekly at designated day and time.

Contact Membership to Register. 845-338-3810 x112

Level Names	Ratios	MONDAY	WEDNESDAY	THURSDAY	SATURDAY
Water Discovery 6-18 mos. 30 MINUTES	1:10	4:00PM			9:00AM
Water Exploration 19mos.-3yrs. 30 MINUTES	1:10			4:30pm	10:25AM
Preschool 3-5yrs					
A. Water Acclimation 30 MINUTES	1:05	4:00PM 5:25PM		5:00PM	9:00AM 10:25AM
A. Water Movement 30 MINUTES	1:05	4:00PM 5:25PM		5:00PM	9:00AM 10:25AM
A. Water Stamina 30 MINUTES	1:06	4:00PM			9:00AM
A. Stroke Introduction 30 MINUTES	1:06	5:25PM			10:25AM
School Age-6-12yrs.					
B. Water Acclimation 45 MINUTES	1:06	4:35PM		5:00PM	9:35AM 11:00AM
B. Water Movement 45 MINUTES	1:06	4:35PM		5:00PM	9:35AM
B. Water Stamina 45 MINUTES	1:06	4:35PM		5:00pm	9:35AM 11:00AM
B. Stroke Introduction 45 MINUTES	1:08	4:35pm	5:00PM		9:35am 11:00AM
B. Stroke Development 45 MINUTES	1:08	4:35pm	5:00pm		9:35am
B. Stroke Mechanics 45 MINUTES	1:08		5:00PM		11:00AM
Teen & Adult					
1. Water Acclimation 45 MINUTES	1:06				9:35am

PLEASE NOTE: In accordance with established policies, Due to safety ratios and ongoing class enrollment, the YMCA can not accommodate make-ups for missed classes. No Refunds will not be given for classes missed.

This schedule is subject to change based on class sizes.