

09' Fall Home School Program

BRAINERD FAMILY YMCA

SWIM

Youth are grouped according to abilities and taught skills based on their levels. If you are looking for a level specific lesson, please register for one of our regular scheduled swim lessons.

GYM

Our NEW Gym component will have a combination of recreational games and activities, such as dodge ball, floor hockey, soccer, & basketball. It will also include a wellness component at least 2 of the weeks each session, such as, Drums Alive and Group Cycle and other various group fitness activities taught by certified instructors.

Fall Session Dates

September 14 – October 19 (6 classes) – Registration Opens September 1

November 2 – December 19 (7 classes) – Registration Opens October 27

Schedule

Mondays

Gym 5-7 yr olds	12:45-1:15 p.m.
Swim Lessons (ages 5 +)	1:30-2:30 p.m.
Gym 8-11 yr olds (and older)	2:45-3:15 p.m.

<u>Fees</u>	<u>Fall I</u>	<u>Fall II</u>
Gym & Swim	\$66.00	\$77.00
Swim only	\$42.00	\$49.00
Gym only	\$24.00	\$28.00

Class minimums:

Each gym section will need a minimum of 6 participants.

The swim will need a minimum of 12 participants.

