



BRAINERD FAMILY SWIM LESSON SCHEDULE

2018 SESSION 1: JANUARY 8 — FEBRUARY 17, 2018

CLASSES ARE SUBJECT TO CANCELLATION IF THERE ARE LESS THAN 2 PARTICIPANTS

THESE CLASSES ARE 30 MINUTES IN LENGTH

DAY	TIME	POOL	INSTRUCTOR
PARENT CHILD (6 months—3 years)			
TUE	6:05—6:35pm	CP	Sarah M
WATER READINESS (3-5 years)			
MON	10:00—10:30am	B	Nancy
MON	10:35—11:05am	B	Nancy
TUE	6:05—6:35pm	B	Sarah U
TUE	5:30—6:00pm	B	Tarin
WED	5:30—6:00pm	B	Sarah U
THURS	5:30—6:00pm	B	Tarin
SAT	9:00—9:30am	B	Maddie H/Kylee
PINT (3-5 years)			
TUE	5:30—6:00pm	CP	Sarah U
TUE	6:40—7:10pm	CP	Tarin
WED	6:05—6:35pm	CP	Sarah U
THURS	6:05—6:35pm	CP	Tarin
SAT	9:35—10:05am	CP	Maddie H/Kylee
SAT	10:45—11:15am	CP	Maddie H/Kylee
TOT1 (3-5 years)			
TUE	6:40—7:10pm	L6	Sarah U
TUE	6:05—6:35pm	L6	Tarin
WED	6:40—7:10pm	L6	Sarah U
THURS	6:40—7:10pm	L6	Tarin
SAT	10:10—10:40am	L6	Maddie H/Kylee
TOT2 (3-5 years)			
TUES	5:30—6:00pm	L1	Sarah M
THURS	7:15—7:45pm	L1	Tarin
TOT3 (3-5 years)			
TUE	5:30—6:05pm	L2	Helena

THESE CLASSES ARE 45 MINUTES IN LENGTH

DAY	TIME	POOL	INSTRUCTOR
POLLIWOG 1 (6-12 years)			
TU & TH	7:10—7:55pm	L5	Kylee
TUE	5:30—6:15pm	L5	Levi
THURS	5:30—6:15pm	L5	Levi
SAT	9:00—9:45am	L5	Levi
POLLIWOG 2 (6-12 years)			
TU & TH	6:20—7:05pm	L5/L4	Kylee
TUE	6:05—6:50pm	L1	Jim
TUE	6:20—7:05pm	L4	Levi
THURS	6:20—7:05pm	L3	Levi
SAT	9:50—10:35am	L4	Levi
GUPPY (6-12 years)			
TU & TH	5:30—6:15pm	L4	Kylee
TUE	6:55—7:40pm	L1	Jim
TUE	7:10—7:55pm	L4	Levi
THURS	7:10—7:55pm	L4	Levi
SAT	10:40—11:15am	L4	Levi
MINNOW (6-12 years)			
TUE	6:20—7:05pm	L3	Alyssa
THURS	5:30—6:15pm	L2	Maddi G
FISH (6-12 years)			
TUE	6:10—6:55pm	L2	Helena
TUE	7:10—7:55pm	L3	Alyssa
THURS	6:20—7:05pm	L2	Maddi G
FLYING FISH (6-12 years)			
TUE	7:00—7:45pm	L2	Helena
TUE	5:30—6:15pm	L3	Alyssa
THURS	7:10—7:55pm	L2	Maddi G

ABOUT Y SWIM LESSONS

The Y strives to help all ages learn how to swim, so they can stay safe around water and learn the skills needed to make swimming a lifelong pursuit for healthy living.

In addition to teaching swimming skills, all lessons include instruction on water and personal safety. YMCA swim lessons include age-appropriate opportunities to define, model and celebrate our core values of caring, honesty, respect and responsibility.

Swim lessons provide important life skills that could save a life, and will benefit you/your child for a lifetime.

All YMCA swim instructors are certified and trained in CPR, AED & First Aid.

RATES

Parent & Child (6 months – 3 years)

\$35 YMCA Members, \$65 Community Members
(each class meets for 30 mins)

Water Readiness, Pint & Tot 1-3 (3 – 5 years)

**Polliwog I & II, Guppy, Minnow,
Fish & Flying Fish**
(6 – 12 years)

\$40 YMCA Members, \$75 Community Members
(each class meets for 45 mins)

REGISTRATION DATES & INFO

YMCA Members register: Tuesday, January 2

Community Members register: Thursday, January 4

Online registration will open at midnight or register in person.

Class descriptions are available at the Front Desk or online. Ask for assistance in choosing a class.

Contact Megan to set up a free swim assessment by calling 454-2562.

DOLPHIN SWIM TEAM

Our trained coaches work to improve swimmer's skill level, endurance and to promote a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level. Swim meets are scheduled against other teams in the YMCA Minnesota State League, typically at YMCA locations on Saturdays.

PRIVATE & SEMI-PRIVATE LESSONS

Private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give participants individualized attention to help improve or master swimming skills. Curriculum is customized to meet your goals. Private swim lessons are sold in packages of 1, 3 or 7 lessons; are 30 minutes in length, and can begin at any time.

To arrange lessons, please contact Megan.

BRAINERD FAMILY YMCA • 602 OAK STREET • 218-829-4767 • BRAINERDLAKESYMCA.ORG

SCHOOL YEAR SWIM LESSON SCHEDULE

Session	Schedule Out	Member Registration	Community Registration	Running Dates
Session 1	December 28	January 2	January 4	January 8 – February 17
Session 2	February 15	February 20	February 22	February 26 – April 14*

** No classes March 12-17