



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# STRONG SWIMMERS CONFIDENT KIDS

## Swim Lessons VERDUGO HILLS FAMILY YMCA

Water is everywhere and teaching your children to be safe around water is a necessity. And swimming is a life skill; something to be a sport, a form of exercise, a way to stay active and healthy, a way to meet new friends, and a way to build confidence. The Y is “America’s Swim Instructor” and the most accessible community resource.



SESSION #	DATES	MEMBERS REGISTRATION	PROGRAM PARTICIPANT REG.
1	M/W - JAN 7 - FEB 16 T/TH - JAN 8 - FEB 17 SAT - JAN 12 - FEB 21	ONLINE DEC 17 @ 7AM	IN-HOUSE OR ONLINE-DEC 19

PROGRAM	PRICE
Progressive Group Lessons M/W or T/TH	Member: \$95 Program Participant: \$139
Progressive Group Lessons Saturdays	Member: \$72 Program Participant: \$96
One-on-one Lessons (Per 30 minutes)	Member: \$39 Program Participant: \$59

# SCHEDULE BY SKILL STAGE

STAGE	M/W	T/TH	SAT	STAGE	M/W	T/TH	SAT
Parent Child <b>A</b> Ages 6mos - 3			9:00 - 9:45a	Youth <b>1</b> Ages 6yrs - 12yrs	6:50 - 7:35p	6:50 - 7:35p	9:00 - 9:45a
Parent Child <b>B</b> Ages 6mos - 3			9:00 - 9:45a	Youth <b>2</b> Ages 6yrs - 12yrs	6:00 - 6:45p	6:50 - 7:35p	9:50 - 10:35a
Preschool <b>1</b> Ages 3yrs - 5yrs	6:00 - 6:45p	6:00 - 6:45p	10:40 - 11:25a	Youth <b>3</b> Ages 6yrs - 12yrs	6:50 - 7:35p	6:50 - 7:35p	9:50 - 10:35a
Preschool <b>2</b> Ages 3yrs - 5yrs		6:00 - 6:45p	9:50 - 10:35a	Youth <b>4</b> Ages 6yrs - 12yrs	7:40 - 8:25p	7:40 - 8:25p	9:50 - 10:35a
Preschool <b>3</b> Ages 3yrs - 5yrs	6:00 - 6:45p		9:00 - 9:45a	Youth <b>5</b> Ages 6yrs - 12yrs	6:50 - 7:35p 7:40 - 8:25p	7:40 - 8:25p	10:40 - 11:25a
Preschool <b>4</b> Ages 3yrs - 5yrs		6:00 - 6:45p	9:00 - 9:45a	Youth <b>6</b> Ages 6yrs - 12yrs	6:50 - 7:35p 7:40 - 8:25p	7:40 - 8:25p	10:40 - 11:25a

**ADULT CLASS**  
M/W - 8:30 - 9:15PM

**ONE-ON-ONES**  
Please check out our  
website for schedules  
and instructors  
availabilities

**PLEASE VISIT OUR WEBSITE**

[www.ymcafoothills.org/swimlessons](http://www.ymcafoothills.org/swimlessons)

Contact Heather Harris for any questions

Email: [hharris@ymcafoothills.org](mailto:hharris@ymcafoothills.org) or call 818-790-0123