



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson Schedule

Verdugo Hills Family YMCA




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6840 Foothill Blvd.
Tujunga, CA 91042
818-352-3255


SESSION #	DATES	MEMBERS REGISTRATION	PROGRAM PARTICIPANT REG.
6	M/W - Jul 9 - Aug 15 T/TH - Jul 10 - Aug 16 Sat - Jul 14 - July 18	Online Jul 2 @ 7am	In-house Jul. 3


Program	Price
Progressive Group Lessons: M/W or T/Th	Member: \$89 Program Participant: \$130
Progressive Group Lessons: Saturdays	Member: \$68 Program Participant: \$90
One-on-one lessons	Member: \$38 Program Participant: \$57 Per 30 minute lesson
Water Polo Jr. Lifeguard Jr. Swim Instructor	Member: \$79 Program Participant: \$133

Session #	Dates	Member	Prog part
Session 6	7/9 - 8/18	7/2	7/3
Session 7	8/20 - 9/22	8/13	8/15
Session 8	9/24 - 11/3	9/17	9/19
Session 9	11/5 - 12/5	10/29	10/30

 Infant & Toddler
6 mos.-3 yrs.
Stages A-B

 Preschool
3-5 yrs.
Stages 1-6

 School Age
5-12 yrs.
Stages 1-6

 Teen & Adult
12+ yrs.

Questions? Email vpayandeh@ymcafoothills.org or call (818) 790-0123

Schedule by Skill Stage

Stage	M/W	T/TH	SAT
Parent Child A			10:40-11:25am
Parent Child B			
Preschool 1	6:00-6:45pm		9:00-9:45am 11:30-12:15pm
Preschool 2		6:00-6:45pm	9:50-10:35am
Preschool 3	6:00-6:45pm		
Preschool 4		6:00-6:45pm	

Stage	M/W	T/TH	SAT
Youth 1	6:50-7:35pm	6:00-6:45pm	10:40-11:25am 11:30-12:15pm
Youth 2	6:00-6:45pm	6:50-7:35pm	9:00-9:45am 11:30-12:15pm
Youth 3	6:50-7:35pm	6:50-7:35pm	9:50-10:35am
Youth 4	7:40-8:25pm	7:40-8:25pm	9:00-9:45am
Youth & Preschool 5	6:50-7:35pm 7:40-8:25pm	7:40-8:25pm	9:50-10:35am
Youth & Preschool 6	7:40-8:25pm	6:50-7:35pm 7:40-8:25pm	10:40-11:25am

ADULT CLASSES:
M/W - 8:30-9:15pm

PLEASE VISIT OUR WEBSITE
www.ymcafoothills.org/swimlessons