



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Lancaster Family YMCA**  
**Lampeter-Strasburg Swim Lessons**  
**January 8, 2018—March 4, 2018**  
**Member Registration: December 10, 2017**  
**Non-member Registration: December 20, 2017**  
**Registration Closes:**  
**January Classes: January 14, 2018**  
**February Classes: February 5, 2018**

**PRIVATE LESSONS**

Six 30-minute lessons with one-on-one learning for adults or children, arranged at your convenience. Learn to swim or improve your stroke technique with our knowledgeable and experienced instructors.

**Members \$150.00**  
**Potential Members \$200.00**

**SEMI-PRIVATE LESSONS**

Six 30-minute lessons for adults or children, arranged at your convenience for your group of 2-3 participants. Learn to swim or improve your stroke technique together! Price is per person.

**Members \$120.00**  
**Potential Members \$140.00**

**\*\*Group lesson prices are based on an 8 class session.\*\***

**8 Class Session**  
**\$55.00 – Family Member**  
**\$65.00 – Youth/Teen Member**  
**\$85.00 – Potential Member**

**\*\*A \$10 late fee will be charged after registration closes.**

**\*\*Registration closes for January Classes:**  
**January 14th & February Classes: February 5th\*\***

**\*\* Once registration has closed there is no guarantee of late registration. The Aquatics Director must be contacted directly to determine availability past the close date. \*\***

**\*Financial scholarship is provided to those who qualify. Applications are available at the Welcome Desk.\***

**\*We reserve the right to cancel classes with less than 3 registered participants. Additional classes may be added as needed.\***

**8 WEEK LESSONS**

**Monday (1/8 -2/26)**

Youth 3 5:15-6:00pm  
Preschool 2 6:15-6:45pm

**Wednesday (1/10-2/28)**

Youth 4 5:15-6:00pm  
Preschool 1 6:15-6:45pm

**Saturday Lessons (1/13-3/3)**

Parent/Child A & B 9:00-9:30am  
Preschool Level 1 9:45-10:15am  
Preschool Level 1 11:30-12:00pm  
Preschool Level 2 10:45-11:15am  
Preschool Level 2 11:30-12:00pm  
Preschool Level 3 9:00-9:30am  
Youth Level 1 10:30-11:15am  
Youth Level 2 9:45-10:30am  
Youth Level 3 11:00-11:45am  
Youth Level 4 10:00-10:45am  
Youth Level 5/6 9:00-9:45am

**4 WEEK LESSONS**

**Tuesday/Thursday (2/6-3/1)**

Preschool Level 1 4:30-5:00pm  
Youth Level 1 4:30-5:15pm  
Preschool Level 2 5:15-5:45pm  
Parent/Child 5:30-6:00pm  
Adaptive Swim (NEW) 6:00-6:45pm  
Youth Level 2 6:15-7:00pm



# Lancaster Family YMCA Lampeter-Strasburg Swim Lessons

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## LIFEGUARD CERTIFICATIONS

Participants must be age 15 prior to the end of the course and must bring proof of age to the first class. This course will require participants to pass a pre-requisite test (swim 300 yards, 2 minutes of treading water and a timed brick dive with a 25-yard carry). Must attend all sessions. of the course you registered for please scroll down.

### JANUARY (LS):

Saturday 1/13 & 1/20 8:00-5:00pm  
Sunday 1/14 & 1/21 10:00-5:00pm

### FEBRUARY (CITY):

Saturday 2/3 & 2/10 8:00-4:00pm  
Sunday 2/4 & 2/11 10:00-4:00pm

### MARCH (CITY):

Saturday 3/3 & 3/10 8:00-4:00pm  
Sunday 3/4 & 3/11 10:00-4:00pm

### March (LS):

Saturday 3/17 & 3/24 8:00-5:00pm  
Sunday 3/18 & 3/25 10:00-5:00pm

Members \$240.00  
Potential Members \$280.00

## LIFEGUARD RECERTIFICATIONS

Recertification course is open to participants who currently hold an ARC Lifeguard Certification and need to recertify. Participants must bring in current ARC lifeguard certifications to the first class. This course will require participants to pass a pre-requisite test (swim 300 yards, 2 minutes of treading water and a timed brick dive with a 25-yard carry). Must attend all sessions.

### JANUARY (LS):

Saturday 1/27 10:00-4:00pm  
Sunday 1/28 10:00-4:00pm

### FEBRUARY (LS):

Saturday 2/17 10:00-4:00pm  
Sunday 2/18 10:00-4:00pm

### MARCH (LS):

Saturday 3/3 10:00-4:00pm  
Sunday 3/4 10:00-4:00pm

Members \$100.00  
Potential Members \$140.00

## L-S RUMBLERS SWIM TEAM

The Rumblers Developmental Swim Team is a non-competitive swim team which focuses on the four competitive strokes, turns, and diving for swimmers ages 5 and up. We hold internal "mock meets" so swimmers can work to achieve personal bests and gain experience in a swim meet environment. Our ultimate goals are to improve stroke mechanics, build endurance, have fun, and develop the next generation of competitive swimmers. All participants will be provided with a Rumblers T-shirt and bathing cap included in the fee. **Must Pass YMCA Swim Test and Swim 25 yards on back!**

**Practice Times:** *Bronze Team (beginner swimmers ages 5-10):* T, W, TH 6:00-7:00pm  
*Silver/Gold Team (advanced swimmers 11-18):* T, W, TH 7:15-8:15pm  
**When:** *Session II:* January 2<sup>nd</sup> – March 8<sup>th</sup>  
**Registration:** *Session II:* August 10<sup>th</sup> – January 1<sup>st</sup>  
**Price:** *Session II:*  
Member: \$175 Non-Member: \$250  
(\$50 Deposit Required)

\*Financial scholarship is provided to those who qualify. Applications are available at the Welcome Desk.\*

\*\* Payment plans available. Ask associate for more details\*\*