



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Lancaster Family YMCA**  
**The YMCA At New Holland Swim Lessons**  
**November 6, 2017—December 24, 2017**  
**Member Registration: October 10, 2017**  
**Non-member Registration: October 20, 2017**  
**Registration Closes: October 25, 2017**

**WEEKDAY LESSONS**

**Monday**  
Adaptive 6:45pm-7:30pm

**Tuesday (3-5 years)**  
Preschool Level 1 5:00-5:30pm  
Preschool Level 2 5:30—6:00pm

**Thursday (6+ years)**  
Youth Level 1 5:00-5:45pm

**Thursday 6 Class Session (prorated for Thanksgiving Holiday)**  
**\$41.00—Family Member**  
**\$49.00—Youth/Teen Member**  
**\$64.00—Potential Member**

**SATURDAY LESSONS**

**Saturday (11/11—12/23)**  
Parent Child 9:00—9:30am  
Youth Level 3 9:30-10:15am  
Youth Level 4 10:15-11:00am

**Group lesson prices are based on an 7 week lesson session.\*\***

**7 Week Session:**  
**\$48.00—Family Member**  
**\$57.00—Youth/Teen Member**  
**\$75.00—Potential Member**

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

**October 25th!**

**\*\* 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. \*\***

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

**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**



# Lancaster Family YMCA

## The Y At New Holland

### Swim Lessons

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### 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.

#### NOVEMBER (LS):

Saturday 11/11 & 11/18	1:00-5:00pm
Sunday 11/12	10:00-5:00pm
Monday 11/13	4:00-8:00pm
Wednesday 11/15	4:00-8:00pm
Friday 11/17	4:00-8:00pm

#### JANUARY 2018 (LS):

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

#### NOVEMBER (CITY):

Saturday 11/18	8:00-5:00pm
Sunday 11/19	10:00-5:00pm

#### DECEMBER (CITY):

Saturday 12/16	8:00-5:00pm
Sunday 12/17	10:00-5:00pm

#### JANUARY (LS):

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

<b>Practice Times:</b>	<b>Bronze Team (beginner swimmers ages 5-10):</b> T, W, TH 6:00-7:00pm	
	<b>Silver/Gold Team (advanced swimmers 11-18):</b> T, W, TH 7:15-8:15pm	
<b>When:</b>	<b>Session I:</b> October 24 <sup>th</sup> – March 8 <sup>th</sup>	<b>Session II:</b> January 2 <sup>nd</sup> – March 8 <sup>th</sup>
<b>Registration:</b>	<b>Session I:</b> August 10 <sup>th</sup> – October 23 <sup>rd</sup>	<b>Session II:</b> August 10 <sup>th</sup> – January 1 <sup>st</sup>
<b>Price:</b>	<b>Session I:</b>	<b>Session II:</b>
	Member: \$315                      Non-Member: \$430	Member: \$175                      Non-Member: \$250
	(\$100 Deposit required)	(\$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\*\*