



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Lancaster Family YMCA
New Holland Swim Lessons
January 8, 2018—March 4, 2018
Member Registration: December 10, 2017
Non-member Registration: December 20, 2017
Registration Closes: January 14, 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

8 WEEK LESSONS

Monday	
Parent/Child A & B	5:30-6:00pm
Adaptive	6:00-6:45pm
Tuesday (3-5 years)	
Preschool Level 1	5:00-5:30pm
Preschool Level 2	5:30-6:00pm
Wednesday (3-5 years)	
Preschool level 1	9:00-9:30am
Preschool Level 2	9:30-10:00am
Thursday (6+ years)	
Youth Level 1	5:00-5:45pm
Youth Level 2	5:45-6:30pm
Saturday	
Parent Child A&B	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 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 14th****

**** 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.



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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 2nd – March 8th
Registration: *Session II:* August 10th – January 1st
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**