

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

SPRING I

Monday February 22-Sunday April 18, 2010 (8 Weeks)

Members \$52 Program Members \$104

Online Registration www.YmcaGreaterProvidence.org

Parent Child

Skip (6mo -2yrs)

Wednesday 10:30-11:00am

Saturday 9:00-9:30am

Pike with Parent (2-4yrs)

Wednesday 11:00-11:30am

Saturday 9:40-10:10am

Preschool (3-5yrs)

Pike (Beginner)

Monday 6:00-6:30pm

Wednesday 6:00-6:30pm

Thursday 4:00-4:30pm

Friday 10:30-11:00am

Saturday 9:00-9:30am

Saturday 10:20-10:50am

Saturday 11:00-11:30am

Sunday 4:00-4:30pm

Eel (Intermediate)

Monday 6:30-7:00pm

Tuesday 4:00-4:30pm

Thursday 3:30-4:00pm

Friday 11:00-11:30am

Saturday 9:00-9:30am

Saturday 10:20-10:50am

Sunday 4:00-4:30pm

Ray/Star (Advanced)

Monday 6:00-6:30pm

Thursday 4:00-4:30pm

Saturday 9:40-10:10am

Create your own Swim Class!

All you need is three or more participants and we will provide a quality swim instructor.

Contact Aquatic Director

Youth (6-13yrs)

Polliwog I (Beginner I)

Wednesday 6:00-6:45pm

Saturday 9:40-10:25am

Sunday 4:45-5:30pm

Polliwog II (Beginner II)

Monday 6:30-7:15pm

Wednesday 6:00-6:45pm

Thursday 3:45-4:30pm

Sunday 4:45-5:30pm

Guppy (Intermediate I)

Wednesday 6:45-7:30pm

Saturday 10:30-11:15am

Sunday 4:45-5:30pm

Minnow (Intermediate II)

Wednesday 6:45-7:30pm

Saturday 10:30-11:15am

Sunday 4:45-5:30pm

Fish/Flying Fish (Advanced)

Wednesday 6:45-7:30pm

Saturday 11:15-12:00pm

Teen Lesson (13-17 yrs)

Saturday 11:15-12:00pm

East Side/Mt. Hope YMCA

438 Hope Street

Providence, RI 02906

401-521-0155



YMCA

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Adult Lessons

Beginner

Thursday 7:00-7:45pm

Saturday 8:15-9:00am

Intermediate/Advanced

Tuesday 7:00-7:45pm

Adult Stroke Clinic \$60/\$120

Tues/Thurs 7:45-8:30pm

Arthritis Foundation Aquatic Program (AFAP)

Monday 6:30-7:15pm

Instructor - Robyn

Free for Members

\$40 for Program Members

Specialty Programs

Seapups Mem \$104

Prog. Mem \$208

Tues/Thurs 3:45-4:30pm

Mount Hope Child

Care Center Lessons

Friday

Beginner 10:30-11:00am

Advanced 11:00-11:30am

Spring Swim Stroke Clinic-Spring II

April 26th-June 20th

Private/Semi-Private Lessons

Private Lessons

Members /Program Members

\$30/\$52—30 min lesson

\$125/\$250 for 6- 30 min lessons

Semi-Private Lessons (2-3)

Members/Program Members

\$220/\$375 for 6-30 min lessons

Rev. 01/22/10