

Scheu Family YMCA of Upland

LEARN TO SWIM

Session 1 2018

Monday & Wednesday January 8-February 14

Tuesday & Thursday January 9-February 15

Saturday January 13-February 17

LESSON FEES

Days Offered	Facility	Program Participant
Monday & Wednesday (12)	\$108	\$144
Tuesday & Thursday (12)	\$108	\$144
Saturday (6)	\$54	\$72

LESSON SCHEDULES - DAYS & TIMES

Stages	M/W	T/TH	SAT
Stage A Water Discovery			10:00
Stage B Water Exploration			
Stage 1 Water Acclimation	3:10,	3:10	10:00, 11:10
Stage 2 Water Movement	3:10, 3:45	4:20	10:00, 10:35, 12:55
Stage 3 Water Stamina	3:45, 4:20	3:45, 4:20, 5:30	10:00, 10:35, 11:10, 12:20, 12:55
Stage 4 Stroke Introduction	4:20, 4:55	4:20, 4:55	10:35, 11:10, 11:45, 12:20, 12:55
Stage 5 Stroke Development	4:55, 5:30	4:55, 5:30	10:35, 11:10, 11:45, 12:20
Stage 6 Stroke Mechanics	5:30	4:55, 5:30	12:20, 12:55

GENERAL PUBLIC REGISTRATION:

**SATURDAY, DECEMBER
16TH**

**Registration begins at 7am
on December 16th.**

SHARK CLUB, DOLPHIN CLUB & WATER POLO

(Everyone must tryout to join)

Shark Club - Mon-Fri	7:00-8:00PM (Tryout)	\$75 Facility Only
Dolphin Club - Saturday	12:30-1:30PM (Tryout)	\$40 Facility Only
Water Polo Club - Mon&Wed	5:00-6:00PM (Tryout)	\$80 Facility \$103 Program Participant

IMPORTANT - PLEASE READ:

There are no credits, refunds or make up classes for missed swim lessons. Credits will be issued only when a doctor's note is provided and dated stating that the student is/was not able to swim due to illness or injury. **All participants who want to join any clubs must pass their tryout before being allowed to sign up. Classes and times are subject to change.**