



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Swim Lesson Policies:

- \*All swimmers must shower before using the pool.
- \*Swimmers under the age of 13 are not allowed in the mens' or womens' locker rooms; please use the boys' and girls' locker rooms or the family changing room. Children 4 and under may go into the opposite-gender locker room with a parent.
- \*To comply with the Y's privacy policy, there is no photo or video allowed in the pool.
- \*Parents/Guardians of children under the age of 10 must remain in the pool area during swim lessons. Children 10-12 must have a responsible adult within the building during swim lessons.
- \*Please no eating or drinking in the pool area.

### Frequently Asked Questions:

**Where do I find more information on the swim lesson program or the aquatic facility in general?**

Please see our Membership, Program Descriptions & Policy guide for more information and class descriptions.

**What class should I sign my child up for?**

If this is your first time with us or you have taken a break from swim lessons, please consult the swim lesson page of the membership guide to determine the appropriate level. If you would like additional advice, please contact Swim Lesson Coordinator Emily Richardson at yaquatics@ithacaymca.com prior to signing up for lessons.

**Can I cancel a private swim lesson?**

You are always welcome to cancel private swim lessons. Credits will only be issued if it is requested more than 24 hours in advance and accompanied by a medical note. Saturday, Sunday, & Monday classes will need to be cancelled no later than 5pm on Friday.

**What do I do if the class I want is full?**

Your contact information can be placed on a waiting list. The Aquatics Director makes a concerted effort to open up more spots in classes, given adequate instructors and pool space.

**Can I make up a lesson if I miss it?**

For safety reasons we need to maintain strict ratios, and therefore, we cannot offer any make up lessons for lessons missed.

# Fall Swim Lessons

## Session 1:

### Sept. 4– Oct. 7, 2018



**Registration Dates:**  
**Member: Aug 20, 2018**  
**Non-Member: Aug 27, 2018**

#### Group Lessons

Family/Adult Members- \$25/\*\$20  
Youth Members- \$31/\*\$24.80  
Non Members- \$61/\*\$48.80

#### Barracuda Swim Team

Family Member: \$60.00  
Youth Member: \$73.00  
Non-Member: \$125.00

#### Private Lessons

Members- \$27  
Non Members- \$55

#### Masters Swim Team

For ages 19+  
Adult/Family Member: \$106.50  
Non-Member: \$157.50

#### Gym & Swim

Family/Adult Member- \$25  
Youth Members- \$31  
Non-Members- \$61

**YMCA of Ithaca and Tompkins County**  
**50 Graham Road West ~ Ithaca, NY 14850**  
**Phone: (607) 257-0101 Fax: (607) 257-5828**  
**www.ithacaymca.com info@ithacaymca.com**

**The facility will be closed on**  
**Monday, Sept 3, 2018 in observance of Labor Day.**  
**\*Reflects prorated amount for Monday lessons.**

## Group Lessons

**Infant/Toddler with Parent**  
**Ages 6–36 mo.**  
**30 Minutes**

	Mon	Wed	Sat	Sun
SKIP		10:00a	10:30a	
SKIP+		10:30a	11:00a	
SKIP Combo				3:30p

**Ages 3–5 years without Parent**  
**30 Minutes**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pike	4:00p 5:00p	4:30p 5:00p	4:00p	4:00p	5:00p	9:00a 9:30a 10:00a 11:30a	3:00p 4:00p 4:30p 5:30p
Eel	4:30p	4:00p	4:00p	4:00p	4:30p	10:30a 11:00a	3:30p 5:00p
Ray			4:00p			9:00a	4:00p
Starfish				4:00p			5:30p

**Ages 6–12 years without Parent**  
**45 Minutes**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Polliwog	4:00p	4:45p			4:00p	9:00a 10:30a	3:00p 4:30p
Guppy	4:45p	4:00p			4:45p	9:45a 11:15a	3:45p 4:30p
Minnow	4:00p	4:45p			4:00p	9:30a	3:00p
Fish		4:00p			4:45p	10:15	3:00p
Flying Fish	4:45p					11:00a	3:45p
Shark							4:30p

**Adults**  
**Ages 13 and up**  
**45 Minutes**

	Sunday
Beginner	6:00p
Intermediate/Adv	6:00p

**Gym & Swim**  
**3–5 years**  
**60 Minutes**

Tuesday	10:30a
Friday	10:30a

## Private Lessons

**Any Age**  
**30 Minutes**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30p 6:00p	5:30p 6:00p	5:30p 6:00p 6:30p	5:30p 6:00p 6:30p	5:30p 6:00p 6:30p	12:00p 12:30p 1:00p 1:30p	10:00a 10:30a 11:00a 11:30a

## Swim Teams

**Youth Swim Teams (10 week session)**  
**Ages 7-17**

Class Dates– September 10th –November 12th 2018

**Barracuda Junior/Senior**

Mondays

6:30-7:30p

**Masters Swim Team (15 week session)**  
**Ages 18+**

Class Dates – September 10th–December 19th 2018

**Mondays and Wednesdays**

Clinic

7:00-7:30 pm

Swim

7:30-8:40p

## Supportive Swim

**Thursdays 5:30p-6:15p**

These lessons are designed for children 5-9 years old with a developmental disability. The child to adult ratio is 1:1. The lessons are held at the Ithaca YMCA small pool and are taught by Ithaca Youth Bureau and YMCA staff. The goal of this class is to help the kids learn basic swim skills and how to be safe in the pool, and also to develop the skills to successfully participate in other Y swim lessons.