

Frequently Asked Questions:

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 group 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.

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 must be accompanied by a medical note. Saturday, Sunday, & Monday classes will need to be canceled no later than 5pm on Friday.

Which locker room should I use?

Children under 13 are not allowed in the mens' or womens' locker rooms; please use the boys' or girls' locker rooms or the family changing room.

Children 4 and under may go into the opposite-gender locker room with a parent.

Can I take photos or videos of my child swimming?

Unfortunately, our privacy policy prohibits photos and videos in the pool.

Can I go work out while my child is swimming?

If your child is 10 or older you are welcome to utilize other parts of the facility during your child's swim lesson. Children under 10 *must* have a parent/guardian remain on deck during lessons for safety reasons.

Does my child need to wear a swim band during lessons? What if they are a red band and taking lessons in the large pool? Children do not need bands during instructional time as they are under the direct supervision of one of our trained swim instructors.

What does my infant need for his/her first swim lesson? Please dress your child in a swim diaper intended to keep in solid materials. Babies get cold quickly in the water so we do not recommend infants and babies spend longer than 30 minutes in the water.

This is our first time participating in lessons. Where do we go? Please make your way to the pool using the appropriate locker room and have a seat on the bleachers. Your child's instructor will call the class roster and give you a brief rundown of what to expect at lessons each week.

I don't know what level to register for, or I have questions not answered here. Please email the Aquatics Director at the address below.

YMCA of Ithaca and Tompkins County
50 Graham Road West ~ Ithaca, NY 14850
Phone: (607) 257-0101 Fax: (607) 257-5828
Aquatics Director: Alyson Murphy
amurphy@ithacaymca.com



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Welcome to the new swim lesson upgrade.

Registration Dates:

Member: December 17, 2018

Non-Member: December 24, 2018

****Please note that these rates reflect 8 week sessions rather than 5 week sessions****

Group Lessons

Family Members- \$48/\$42*

Youth Members- \$58/\$50*

Non Members- \$80/\$70*

Private Lessons

Members- \$29

Non Members- \$59

Barracudas Swim Squad (8 Weeks)

Family Members- \$104*

Youth Members- \$120*

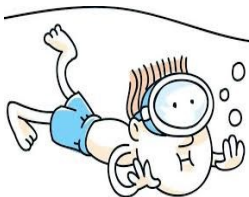
Non Members- \$240*

Masters Swim Team (16 Weeks)

Members- \$184*

Non Members- \$216*

*Classes are prorated for Monday 12/31 and Tuesday 1/1



Stages A & B Ages 6 months-3 years (with parent) 30 Minutes			
	Wed	Sat	Sun
A	10:00a	10:10a	
B	10:30a	10:45a	
A/B Combo			3:35p

Preschool Stages 1-3 Ages 3-4 years without Parent 30 Minutes							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Preschool 1	3:45p 4:55p	4:20p 4:55p	12:30p 3:45p	3:45p	4:55p	9:00a 9:35a 11:20a	3:00p 4:10p 4:45p
Preschool 2	4:20p	3:45p	1:00p		3:45p	9:00a 10:20a	3:00p 4:10p
Preschool 3	4:55p			3:45p	4:20p	9:35a	3:35p 4:45p

School Age Stages 2-3 Ages 5-12 years without Parent 30 Minutes							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
School Age 2	4:20p	3:45p 4:55p		3:45p	4:20p 4:55p	9:00a 10:10a 10:45a	3:35p 4:45p
School Age 3	3:45p	4:20p	3:45p		3:45p	9:00a 10:20a 11:20a	3:00p 4:10p

School Age Stages 4-6 Ages 5-12 years without Parent 40 Minutes							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
School Age 4	4:45p	4:45p	3:45p		4:00p	9:35a 11:00a	4:20p
School Age 5	4:00p				4:45p	9:35a	3:00p
School Age 6		4:00p				10:45a	3:45p 5:15p

Adults Ages 13 and up Fridays — NEW DAY!	
Beginner	7:00-7:45p
Intermediate/Adv	7:00-7:45p

Gym & Swim 3-5 years 60 Minutes	
Friday	10:30a

Private Lessons

Any Age - 30 Minutes NEW! Adult Lunchtime Private Lessons						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
3:00p	12:00p	3:00	3:00p	12:00p	12:00p	10:00a
3:30p	12:30p	5:30p	5:30p	12:30p	12:30p	10:30a
5:30p	3:00p	6:00p	6:00p	3:00p	1:00p	11:00a
6:00p	3:30p 5:30p 6:00p	6:30p	6:30p	3:30p 5:30p 6:00p 6:30p	1:30p	11:30a

**NEW DAY & TIME! YMCA Seahorses
Supportive Swim Lessons**

Tuesdays 3:00p-3:45p

These lessons are designed for children 5-10 years old with a developmental or physical disability. The child to adult ratio is 1:1. The lessons are held in the Ithaca YMCA small pool and are taught collaboratively 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.

Swim Teams—Youth and Adult

Barracudas Swim Team-8 Weeks Ages 7-17

NOW TWO DAYS PER WEEK! Mondays & Wednesdays 6:30-7:30p

Join Beth, Neal, Nicole, & Sheri for the area's best non-competitive swim team. Kids will work on refining competition strokes and developing good workout habits. Kids must be able to swim 50 yards of front crawl, backstroke, and breaststroke, and be familiar with the butterfly. Kids should be swimming **at least** at the School Age 4 level (formerly Minnows). Jump in and have some fun.

Masters Swim-16 Weeks Ages 18 and up

Mondays & Wednesdays Clinic: 7:00-7:30p **Swim:** 7:30-8:45p

Our coaches will help to improve your technique, making your strokes more efficient and improving your cardiovascular endurance so you can swim farther and faster! Three skill levels available: beginning lap swimmer, experienced lap swimmer, and competitive swimmer.