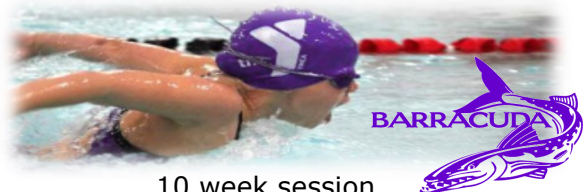


**There is a 2 week break from December 18, 2017-January 1, 2018 for the holiday season. Practice will resume January 3, 2018.**



10 week session  
Monday, November 13-Saturday February 3, 2018

**Barracuda Jr** Ages 7-12 Mon & Fri 6:30-7:30p

Here is your opportunity to develop a competitive edge in a non-competitive swim environment. You should be able to perform at the Minnow Level, we will work on correct stroke mechanics, drills, flip turns, open turns, rules for school teams, and endurance. There will be timing days and mock meets at the end of each session. You will also meet and connect with new people in the aquatic world.

**Fees (Prorated for Friday after Thanksgiving)**

**Family Member: \$114 Youth Member: \$134 Non-Member: \$238**

**Barracuda Sr** Ages 13-18 Mon and Wed 6:30-7:30p & Sat 8-9a

This non-competitive group offers you the chance to maintain competitive level skills and endurance either in between seasons or as an alternative to joining competitive teams. You should be able to swim 50 yards front and back crawl and know basic breast stroke. We will fortify and reinforce swim team skills in an advanced swimming environment with expert coaching. There will be timing days and mock meets at the end of each session.

**Fees**

**Family Member: \$180 Youth Member: \$220 Non-Member: \$375**



**15 week session beginning Monday, September 11**

**Mondays: Clinic 7-7:30p Swim 7:30-8:40p &**

**Wednesdays: Swim 7:30-8:40p (No Clinic)**

**For ages 19+**

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. Clinic will only be on Mondays. Masters will have 3 dedicated lanes as well as coaches on the deck on Wednesdays.

**Fees**

**Member: \$135 Non-Member: \$195**



# Winter Swim Lessons

## Session 3:

**November 13-December 17, 2017**



**No Lessons or Barracudas held on November 23-24  
YMCA facility closed November 23 in  
observance of Thanksgiving.**

**Member Registration: October 30  
Non-Member Registration: November 6**

### Group Lesson Rates

#### **Once per Week Classes**

Family/Adult Members  
\$19.20\*/24.00

Youth Members  
\$23.20\*/29.00

Non Members  
\$45.60\*/57.00

### Private Lesson Rates

Members \$25.00/30 min  
Non Members \$50.00/30 min

#### Semi-Private Lessons

#### **2 People per time slot**

Members \$18.00 pp/30 min  
Non Members \$45.00 pp/30 min

**pp= per participant**

**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

**++ 30 Min Lessons and 3-5 years old only**

## Group Lessons

### Group Lessons ages 3-12 years

		Mon	Tue	Wed	Thu*	Fri*	Sat	Sun
Beginner	<b>++Pike</b>	3:30p 4:30p	3:30p 4:30p	3:30p 4:30p	3:30p	3:30p	9:00a 10:00a 11:00a 11:30a	3:00p 4:00p 5:00p 5:30p
	<b>++Eel</b>	3:30p	4:30p	3:30p	3:30p	4:30p	9:00a 9:30a 10:30a 11:30a	3:00p 4:30p 5:00p
	<b>++Ray</b>				4:30p		11:30a	3:30p
	<b>Polliwog</b>	4:15p	4:15p	4:15p	4:15p	4:15p	9:30a 11:00a	3:00p 4:00p

Intermediate	<b>++Starfish</b>		3:30p	4:30p				5:30p
	<b>Guppy</b>	3:30p 4:15p	3:30p	3:30p	3:30p 4:15p	3:30p	9:00a 10:30a	3:30p 4:30p
	<b>Minnow</b>		3:30p	4:15p		4:15p	10:00a 11:00a	4:00p 5:00p

Advanced	<b>Fish</b>	3:30p		3:30p	3:30p	3:30p	9:00a	3:00p
	<b>Flying Fish</b>	4:15p	4:15p				10:00a	4:00p
	<b>Shark</b>				4:15p			5:00p

## Spectrum Swim

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

These lessons are designed for children 5-9 years old with an ASD diagnosis. 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 overall goal of this class is to help the kids adapt to a bigger class setting with less need of an aid in the water.

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

**Your name** and **phone number** can be placed on a **waiting list**. The Aquatics Coordinator makes a concerted effort to open up more spots in classes, given adequate instructors and pool space.



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

**For group swim lessons:**  
Registration is closed at the end of the second class of each session/lesson. Transfers and registrations are not permitted past that point.

[We do not offer make up classes due to maintaining class ratios.](#)



### Adults Ages 13 and up 45 Minute Lessons

Sunday	
<b>Beginner</b>	6:00p
<b>Intermediate</b>	6:00p

### Infant/Toddler Ages 6 -36 mo. 30 Minute Lessons

	Wed	Sat	Sun
<b>SKIP</b>	10:00a	9:30a	
<b>SKIP/SKIP+</b>			3:30p
<b>SKIP+</b>	10:45a	10:30a	

## Private & Semi Private Lessons

### 30 Minute Lessons

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

## Gym & Swim

**Ages 3-5 (Preschool)**

**Tuesdays 10:30a-11:30a OR Fridays\* 10:00a-11:00a**

The first half of this class takes place in the gym exploring movement through games and imaginative play. The second half takes place cooling off in the pool, exploring the water, learning basic swimming skills and gaining self confidence.

**\*\*When am I allowed to sign up for next session?\***

**Members** may register up to two weeks before session begins.  
**Non-members** may register up to one week before session begins.