

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 Aquatics Director Alyson Murphy at amurphy@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.



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall Swim Lessons

Session 3:

Nov 12– Dec 16, 2018



Registration Dates:

Member: October 29, 2018

Non-Member: November 5, 2018

Group Lessons

Family/Adult Members- \$25/\$20*

Youth Members- \$31/\$25*

Non Members- \$61/\$49*

Private Lessons

Members- \$27

Non Members- \$55

Gym & Swim

Family/Adult Member- \$20*

Youth Members- \$25*

Non-Members- \$*49

***Prices are prorated for Thanksgiving: there will be no classes held on 11/21-11/23**

Group Lessons

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

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

Ages 3-5 years without Parent
30 Minutes

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

Ages 6-12 years without Parent
45 Minutes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Poliwog	4:45p	4:00p	S.A.C.C. Swim Only		4:00p	11:00a	3:00p 4:00p
Guppy	4:00p	4:45p			4:45p	10:00a	4:00p 5:00p
Minnow	4:45p				4:00p	9:00a	5:00p
Fish		4:00p			4:45p	10:00a	3:00p
Flying Fish	4:00p					11:00a	4:00p
Shark							5:00p

Adults Ages 13 and up
45 Minutes

	Sunday	Gym & Swim 3-5 years 60 Minutes	
Beginner	6:00p		
Intermediate/ Advanced	6:00p	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

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.

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 or locker room areas.
- *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.
- *Please remove wet/muddy/snowy shoes before entering the pool deck.

Masters and Barracudas Swim Teams will start again in January. Please look for more information in December about these programs.