



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL 2019

SESSION 1 SEPTEMBER 16 - OCTOBER 27  
SESSION 2 OCTOBER 28 - DECEMBER 22  
NO CLASSES 10/31, 11/25 - 12/1

# AQUATICS PROGRAMS

## SWIM STARTERS - WITH PARENT

CLASS NAME:	AGE	DAY	TIME	SESSION 1			SESSION 2		
				(FM)	(M)	(NM)	(FM)	(M)	(NM)
Water Discovery (Stage A)	6-18mo	T	10:00-10:30am	FREE	\$78		FREE	\$92	
Water Discovery (Stage A)	6-18mo	S	10:00-10:30am	FREE	\$78	\$78	FREE	\$92	\$92
Water Discovery (Stage A)	6-18mo	S	11:00-11:30am	FREE	\$78	\$78	FREE	\$92	\$92
Water Exploration (Stage B)	19-36mo	M	4:00-4:30pm	FREE	\$78	\$78	FREE	\$92	\$92
Water Exploration (Stage B)	19-36mo	T	10:30-11:00am	FREE	\$78	\$78	FREE	\$92	\$92
Water Exploration (Stage B)	19-36mo	R	10:30-11:00am	FREE	\$78	\$78	FREE	\$92	\$92
Water Exploration (Stage B)	19-36mo	S	9:00-9:30am	FREE	\$78	\$78	FREE	\$92	\$92
Water Exploration (Stage B)	19-36mo	S	10:30-11:00am	FREE	\$78	\$78	FREE	\$92	\$92

## SWIM BASICS & SWIM STROKES - INFANT/TODDLER

CLASS NAME:	AGE	DAY	TIME	SESSION 1			SESSION 2		
				(FM)	(M)	(NM)	(FM)	(M)	(NM)
Infant/Toddler (Stage 1) WA	2-3yr	S	9:30-10:00am	FREE	\$78	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA w/ parent	3-5yr	T	11:00-11:30am	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA w/ parent	3-5yr	S	11:30-12:00pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA	3-5yr	M	4:00-4:30pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA	3-5yr	M	5:10-5:40pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA	3-5yr	T	4:05-4:35pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA	3-5yr	R	4:05-4:35pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA	3-5yr	S	11:40-12:10pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA	3-5yr	S	9:35-10:05am	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 1) WA	3-5yr	S	9:00-9:30am	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	M	4:00-4:30pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	M	4:35-5:05pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	M	5:10-5:40pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	T	4:05-4:35pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	W	4:30-5:00pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	R	4:05-4:35pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	S	9:00-9:30am	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	S	9:35-10:05am	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 2) WM	3-5yr	S	11:40-12:10pm	\$31	\$42	\$78	\$37	\$49	\$92
Pre-K	3-5yr	M	1:00-1:30pm	\$31	\$42	\$78	\$37	\$49	\$92
Pre-K	3-5yr	R	11:00-11:30am	\$31	\$42	\$78	\$37	\$49	\$92

## SWIM BASICS & SWIM STROKES - YOUTH

CLASS NAME:	AGE	DAY	TIME	SESSION 1			SESSION 2		
				(FM)	(M)	(NM)	(FM)	(M)	(NM)
Preschool (Stage 3) WS	3-5yr	M	4:35-5:05pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 3) WS	3-5yr	T	4:05-4:35pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 3) WS	3-5yr	W	4:30-5:00pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 3) WS	3-5yr	S	9:00-9:30am	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 3/4) WS/SI	3-5yr	R	4:05-4:35pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 3/4) WS/SI	3-5yr	S	11:40-12:10pm	\$31	\$42	\$78	\$37	\$49	\$92

WA = WATER ACCLIMATION  
WM = WATER MOVEMENT

WS = WATER STAMINA  
SI = STROKE INTRODUCTION

SD = STROKE DEVELOPMENT  
SM = STROKE MECHANICS

FOR MORE INFORMATION:

Contact Dennie Swan-Scott: [dsscott@glensfallsymca.org](mailto:dsscott@glensfallsymca.org)



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# AQUATICS PROGRAMS

## SWIM BASICS & SWIM STROKES - YOUTH (cont'd)

CLASS NAME:	AGE	DAY	TIME	SESSION 1			SESSION 2		
				(FM)	(M)	(NM)	(FM)	(M)	(NM)
Preschool (Stage 4) SI	3-5yr	M	4:35-5:05pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 4) SI	3-5yr	M	5:10-5:40pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 4) SI	3-5yr	W	4:30-5:00pm	\$31	\$42	\$78	\$37	\$49	\$92
Preschool (Stage 4) SI	3-5yr	S	9:35-10:05am	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 2) WM	6-12yr	T	4:40-5:20pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 2) WM	6-12yr	W	5:05-5:45pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 2) WM	6-12yr	S	10:10-10:50am	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 3) WS	6-12yr	R	4:40-5:20pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 3) WS	6-12yr	S	10:55-11:35am	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 3) WS	6-12yr	W	5:05-5:45pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 4) SI	6-12yr	M	5:45-6:25pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 4) SI	6-12yr	T	4:40-5:20pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 4) SI	6-12yr	R	4:40-5:20pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 4) SI	6-12yr	S	10:10-10:50am	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 4) SI	6-12yr	S	10:55-11:35am	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 5) SD	6-12yr	M	5:45-6:25pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 5) SD	6-12yr	T	4:40-5:20pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 5) SD	6-12yr	W	5:05-5:45pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 5) SD	6-12yr	S	10:10-10:50pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 5/6) SD/SM	6-12yr	S	10:55-11:35am	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 6) SM	8-12yr	M	5:45-6:25pm	\$31	\$42	\$78	\$37	\$49	\$92
Youth (Stage 6) SM	6-12yr	R	4:40-5:20pm	\$31	\$42	\$78	\$37	\$49	\$92
Homeschool	6-12yr	M	12:15-12:55pm	\$31	\$42	\$78	\$37	\$49	\$92

## ADULT SWIM LESSONS

CLASS NAME:	AGE	DAY	TIME	SESSION 1			SESSION 2		
				(FM)	(M)	(NM)	(FM)	(M)	(NM)
Adult Beginner	18-99	T	8:00-8:45am	\$26	\$33	\$52	\$30	\$38	\$60
Adult Intermediate	18-99	R	8:00-8:45am	\$26	\$33	\$52	\$30	\$38	\$60

## ADULT FITNESS CLASSES

CLASS NAME:	AGE	DAY	TIME	SESSION 1			SESSION 2		
				(FM)	(M)	(NM)	(FM)	(M)	(NM)
Water Workout	18-99	M-F	9:00-10:00am	FREE	FREE	\$55	FREE	FREE	\$64
Water Workout	18-99	M,W	10:00-11:00am	FREE	FREE	\$55	FREE	FREE	\$64
Post Rehab Exercise	18-99	M,W,F	11:00-11:45am	\$27.50	\$27.50	\$55.00	\$32	\$32	\$64
Post Rehab Exercise	18-99	M,W,F	11:45-12:30pm	\$27.50	\$27.50	\$55.00	\$32	\$32	\$64
Senior Aqua Fit	50+	M,W,F	2:00-3:00	FREE	FREE	\$5/class	FREE	FREE	\$5/class
Advanced Aqua Running	18-99	T, R, F	10:00-10:45am	FREE	FREE	\$55	FREE	FREE	\$64
Deep Water Jog	18-99	T, R	10:45-11:30am	FREE	FREE	\$55	FREE	FREE	\$64
Senior Splash	50-99	T, R	2:00-3:00pm	FREE	FREE	\$55	FREE	FREE	\$64
Aqua Fit	18-99	T, R	3:00-4:00pm	FREE	FREE	\$55	FREE	FREE	\$64

## MASTERS

DAY	TIME
M,W	7:30-8:30pm
T,R	12:00-1:00pm
F	7:00-8:00pm
S	6:00-7:15am

### Payment Options for MASTERS

- Drop-in: \$5 per session (Member/Non-member)
- Monthly Fee: \$45/month Member; \$60/month Non-member
- 6-Month Fee: \$225 Member; \$300 Non-member
- Annual Fee: \$450 Member; \$600 Non-member

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