



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS PROGRAMS



WINTER I: 1/7 -2/17 (6 Weeks)  
WINTER II: 2/25 - 4/7 (6 Weeks)

## YOUTH SWIM LESSONS

### SWIM STARTERS - WITH PARENT

Class Name:	Age	Day	Time	(FM) W1	(M) W1	(NM) W1	(FM) W2	(M) W2	(NM) W2
Water Discovery	6-18mo	T	10:00-10:30am	FREE	\$75	\$75	FREE	\$75	\$75
Water Discovery	6-18mo	S	10:00-10:30am	FREE	\$75	\$75	FREE	\$75	\$75
Water Discovery	6-18mo	S	11:00-11:30am	FREE	\$75	\$75	FREE	\$75	\$75
Water Exploration	19-36mo	M	4:00-4:30pm	FREE	\$75	\$75	FREE	\$75	\$75
Water Exploration	19-36mo	T	10:30-11:00am	FREE	\$75	\$75	FREE	\$75	\$75
Water Exploration	19-36mo	R	10:30-11:00am	FREE	\$75	\$75	FREE	\$75	\$75
Water Exploration	19-36mo	S	9:00-9:30am	FREE	\$75	\$75	FREE	\$75	\$75
Water Exploration	19-36mo	S	10:30-11:00am	FREE	\$75	\$75	FREE	\$75	\$75

### SWIM BASICS & SWIM STROKES - INFANT, TODDLER, PRESCHOOL

Class Name:	Age	Day	Time	(FM) W1	(M) W1	(NM) W1	(FM) W2	(M) W2	(NM) W2
Infant/Toddler WA	2-3yr	S	9:30-10:00am	FREE	\$75	\$75	FREE	\$75	\$75
Preschool w/Parent WA	3-4yr	T	11:00-11:30am	FREE	\$75	\$75	FREE	\$75	\$75
Preschool w/Parent WA	3-4yr	S	11:30-12:00pm	FREE	\$75	\$75	FREE	\$75	\$75
Preschool WA	3-5yr	M	4:00-4:30pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WA	3-5yr	M	5:10-5:40pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WA	3-5yr	T	4:05-4:35pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WA	3-5yr	R	4:05-4:35pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WA	3-5yr	S	11:40-12:10pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WA	3-5yr	S	9:00-9:30am	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WA	3-5yr	S	9:35-10:05am	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WM	3-5yr	M	4:00-4:30pm	N/A	N/A	N/A	\$30	\$40	\$75
Preschool WM	3-5yr	M	4:35-5:00pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WM	3-5yr	T	4:05-4:35pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WM	3-5yr	W	4:30-5:00pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WM	3-5yr	R	4:05-4:35pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WM	3-5yr	S	9:00-9:30am	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WM	3-5yr	S	9:35-10:05am	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WM	3-5yr	S	11:40-12:10pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WS	3-5yr	M	4:35-5:05pm	N/A	N/A	N/A	\$30	\$40	\$75
Preschool WS	3-5yr	T	4:05-4:35pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WS	3-5yr	W	4:30-5:00pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WS	3-5yr	S	9:00-9:30am	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WS/SI	3-5yr	R	4:05-4:35pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool WS/SI	3-5yr	S	11:40-12:10pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool SI	3-5yr	M	4:35-5:05pm	N/A	N/A	N/A	\$30	\$40	\$75
Preschool SI	3-5yr	M	5:10-5:40pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool SI	3-5yr	W	4:30-5:00pm	\$30	\$40	\$75	\$30	\$40	\$75
Preschool SI	3-5yr	S	9:35-10:05am	\$30	\$40	\$75	\$30	\$40	\$75
PreK	3-5yr	M	1:00-1:30pm	\$30	\$40	\$75	\$30	\$40	\$75
PreK	3-5yr	R	11:00-11:30am	\$30	\$40	\$75	\$30	\$40	\$75

WA = Water Acclimation      WM = Water Movement      WS = Water Stamina      SI - Stroke Introduction

Questions about Swim Lessons contact Matthew Halewski, [mhalewski@glensfallsymca.org](mailto:mhalewski@glensfallsymca.org)

Interested in the Gators Swim Team? Contact our Masters & Gators Swim Team coach, Dennie Swan-Scott, to ask questions and to try out for the Gators Swim Team. Dennie's email: [dsscott@glensfallsymca.org](mailto:dsscott@glensfallsymca.org)



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# AQUATICS PROGRAMS

**WINTER I: 1/7 -2/17 (6 Weeks)**  
**WINTER II: 2/25 - 4/7 (6 Weeks)**

## YOUTH SWIM LESSONS CONT.

### SWIM BASICS & SWIM STROKES - YOUTH

Class Name:	Age	Day	Time	(FM) W1	(M) W1	(NM) W1	(FM) W2	(M) W2	(NM) W2
Youth WM	6-12yr	T	4:40-5:20pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth WM	6-12yr	S	10:10-10:50am	\$30	\$40	\$75	\$30	\$40	\$75
Youth WS	6-12yr	W	5:05-5:45pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth WS	6-12yr	R	4:40-5:20pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth WS	6-12yr	S	10:55-11:35pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth SI	6-12yr	M	5:45-6:25pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth SI	6-12yr	T	4:40-5:20pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth SI	6-12yr	S	10:10-10:50am	\$30	\$40	\$75	\$30	\$40	\$75
Youth SI	6-12yr	S	10:55-11:35am	\$30	\$40	\$75	\$30	\$40	\$75
Youth SD	6-12yr	M	5:45-6:25pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth SD	6-12yr	T	4:40-5:20pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth SD	6-12yr	W	5:05-5:45pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth SD	6-12yr	S	10:10-10:50am	\$30	\$40	\$75	\$30	\$40	\$75
Youth SD/SM	6-12yr	R	4:40-5:20pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth SD/SM	6-12yr	S	10:55-11:35am	\$30	\$40	\$75	\$30	\$40	\$75
Youth SM	6-12yr	M	5:45-6:25pm	\$30	\$40	\$75	\$30	\$40	\$75
Youth SM	6-12yr	W	5:05-5:45pm	\$30	\$40	\$75	\$30	\$40	\$75
Homeschool	6-12yr	M	12:15-12:55pm	\$30	\$40	\$75	\$30	\$40	\$75

WM = Water Movement WS = Water Stamina SI = Stroke Introduction SD = Stroke Development SM = Stroke Mechanics

### ADULT SWIM LESSONS (PRICES FOR BOTH WINTER I & II)

Class Name:	Age	Day	Time	Fee (FM)	Fee (M)	Fee (NM)
Adult Beginner	18+	T	8:00-8:45am	\$32	\$32	\$47
Adult Intermediate	18+	R	8:00-8:45am	\$32	\$32	\$47

## MASTERS

Day	Time
M/W	7:30-8:30pm
T/R	12:00-1:00pm
F	6:45-8:00pm
S	6:00-7:15am

### Payment Options for MASTERS

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

Questions about Masters & Gators Swim Team contact **Dennie Swan-Scott, dsscott@glensfallsym.org**

### AQUATIC FITNESS CLASSES\* WINTER I: 1/7 -2/17 (6 Weeks) WINTER II: 2/25 - 4/7

Class Name:	Age	Day	Time	(FM)/(M)	(NM)	Level	Instructor
				W1 & W2	W1 & W2		
Water Workout	18+	M-F	9:00-10:00am	FREE	\$52	Intermediate	Phyllis
Water Workout	18+	M/W	10:00-11:00am	FREE	\$52	Intermediate	Phyllis
Aqua Rehab	18+	M/W/F	11:00-11:45am	\$26	\$52	Beginner	Phyllis
Aqua Rehab	18+	M/W/F	11:45-12:30pm	\$26	\$52	Beginner	Phyllis
Senior Aqua Fit	50+	M/W/F	2:00-3:00pm	FREE	\$5/class	Beg/Inter	Ellen
Advanced Aqua Running	18+	T/R	10:00-10:45am	FREE	\$52	Advanced	Phyllis
		F	10:00-10:45am	FREE	\$52	Advanced	Phyllis
Deep Water Jog	18+	T/R	10:45-11:30am	FREE	\$52	Inter/Advanced	Phyllis
Senior Splash	50+	T/R	2:00-3:00pm	FREE	\$52	Beg/Inter	Nancy
Aqua Fit	18+	T/R	3:00-4:00pm	FREE	\$52	Advanced	Nancy

Questions about Aqua Fitness Classes contact **Lisa Camp, lcamp@glensfallsymca.org**