



Swim lessons keep swimmers of all ages safe in around the water. They can also be the first step in learning to be a lifeguard, being part of a swim team, and exercising through lap swimming. Swimming lessons are available for swimmers of all ages and abilities.

Swimming diapers are required for children who are not toilet trained.

Make-up classes will be granted for building closure and serious illnesses with a written note from a physician. We will not make up classes for unforeseen pool closures

**7 Week Program**  
3/2 to 4/19

**\$133\***

**\*Membership Required**



**nrymca.org**  
914.632.1818  
50 Weyman Ave

## Youth Swim Lessons Pre School (Ages 3-5)

### Level 1

**Tuesday, 4:35PM**  
**Thursday, 4:00PM**      **Saturday, 12:10PM**  
**Friday, 4:00PM**      **Sunday, 10:30AM**  
**Saturday, 11:00AM**

### Level 2 (Evaluation Required)

**Tuesday, 4:00PM**      **Saturday, 11:35AM**  
**Tuesday, 4:35PM**      **Saturday, 12:10PM**  
**Friday, 4:35PM**      **Sunday, 10:30AM**  
**Saturday, 11:00AM**

### Level 3 (Evaluation Required)

**Tuesday, 4:00PM**      **Saturday, 11:35AM**  
**Thursday, 4:35PM**      **Sunday, 11:05AM**

### Level 4 (Evaluation Required)

**Saturday, 11:35PM**

### Level 5 (Evaluation Required)

**Saturday, 12:10PM**

**Need to schedule an evaluation?**  
**Contact us**  
**at 914.632.1818**

**Private swim instruction is also available.**  
**Stop by the Welcome Center for more information.**



Swim lessons keep swimmers of all ages safe in around the water. They can also be the first step in learning to be a lifeguard, being part of a swim team, and exercising through lap swimming. Swimming lessons are available for swimmers of all ages and abilities.

Swimming caps are required for all swimmers.

Make-up classes will be granted for building closure and serious illnesses with a written note from a physician. We will not make up classes for unforeseen pool closures

7 Week School Age Program  
3/2 to 4/19

**\$147\***

**\*Membership Required**



[nrymca.org](http://nrymca.org)

914.632.1818

50 Weyman Ave

New Rochelle NY 10805

## Youth Swim Lessons School Age (Ages 6-12)

### Level 1

Monday, 4:00PM	Saturday, 12:45PM
Thursday, 5:10PM	Saturday, 2:25PM
Friday, 4:35PM	Sunday, 12:30PM

### Level 2 (Evaluation Required)

Monday, 4:50PM	Sunday, 11:40AM
Saturday, 12:45PM	Sunday, 12:30PM
Saturday, 2:25PM	

### Level 3 (Evaluation Required)

Tuesday, 5:10PM	Sunday, 11:40AM
Friday, 5:10PM	Sunday, 12:30PM
Saturday, 12:45PM	
Saturday, 1:35PM	Sun

### Level 4 (Evaluation Required)

Monday, 5:10PM	Sunday, 11:40AM
Saturday, 1:35PM	

### Level 5 (Evaluation Required)

Tuesday, 5:10PM	Saturday, 1:35PM
Friday, 5:10PM	

### Level 6 (Evaluation Required)

Saturday, 2:25PM
Sunday, 12:30PM

**Need to schedule an evaluation?**

**Contact us**

**at 914.632.1818**