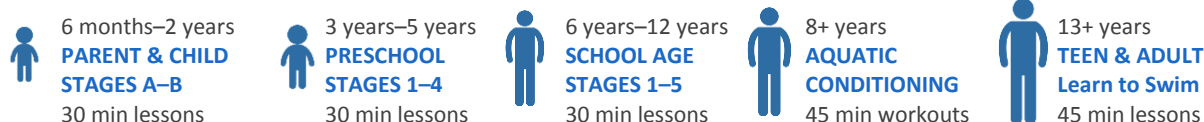




# SWIM LESSONS

## AGE GROUPS & STAGES



### First Time in lessons? Take our Swim Test

Please register for a free Swim Test to help assess what stage is most appropriate for your child to register for.

## SUMMER SESSIONS

### June

Tue-Thurs: June 1 – June 3 (mini session)  
Mon/Wed: June 6 – June 30  
Tue/Thurs: June 8 – July 1

### July

Mon/Wed: July 5 – July 28  
Tue/Thurs: July 6 – July 29

### August (mini sessions)

Mon-Thurs: August 2 – August 5  
Mon-Thurs: August 9 – August 12

### Cost per Session

Youth Lessons: \$32/member, \$65/nonmember  
Aquatic Conditioning: \$35/member, \$70/nonmember  
Adult Lessons: \$35/member, \$70/nonmember  
Mini Sessions: \$20/member, \$40/nonmember

Evenings classes offered 4-6 pm

\*Please note that dates and times may change, and we do not offer make up lessons for those lessons that you cannot attend.

## SAFETY is #1

Lessons may look a little different now.

At the Y, we are taking every precaution to ensure a safe and fun experience for all.

### BEFORE EACH LESSON:

- Sign a COVID Wavier (only once)
- Prescreen and Temp Check upon entering the facility
- Shower on deck or in the locker rooms
- Masks must be worn until entering the water for lessons

### DURING EACH LESSON:

- Each class will have limited capacity to allow for social distancing
- Instructors will be wearing masks or face shields unless demonstrating skills
- If your swimmer is 6 or older, we ask that you wait outside
- If your swimmer is under 6, you are limited to 1 spectator and must wear a mask
- A Parent/Guardian may be in the water with the child to assist, if desired

### AFTER EACH LESSON:

- Put masks back on once out of the water
- Staff clean the pool area and high touch surfaces regularly



TO REGISTER OR FOR MORE INFO, PLEASE VISIT [SAGINAWYMCA.ORG](http://SAGINAWYMCA.ORG), CALL (989) 753-7721, OR VISIT US AT THE Y!