FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

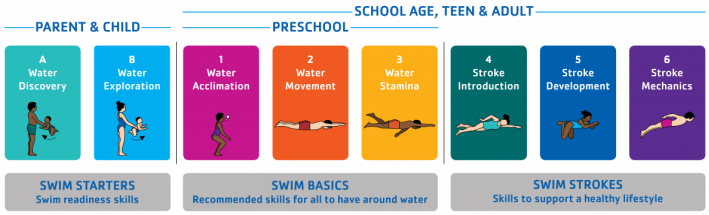
LEARNING TOGETHER

At the YMCA

All Preschool classes as well as 1S/ Water Acclimation & 2S/ Water Movement will be required to have a parent in the water learning with their swimmer to promote physical distancing.

PRESCHOOL (P) LESSONS AGES 3-5

SCHOOL AGE (S) LESSONS AGES 6-12



Winter I: Jan. 25th -Mar. 4th
1x per week for 6 weeks
M, T, W, TH Evenings

$50 Members
$85 Community Members

In order to serve our families we have combined school age and preschool levels 1 and 2. The Instructor will work with each individual swimmer to ensure the proper progression!

Evening Lessons- Downtown Duluth Branch

TIME	TUESDAY	THURSDAY
4:00 -4:30 P.M.	A/B Parent and Child- $45/$80	1P/S Water Acclimation
4:40- 5:10 P.M.	1P/S Water Acclimation & 2P/S Water Movement	2P/S Water Movement
5:20- 6:00 P.M.	3S/ Water Stamina	4S/ Stroke Introduction

Evening Lessons- YMCA at the Essentia Wellness Center

TIME	MONDAY	WEDNESDAY
4:00 -4:30 P.M.	A/B Parent and Child- $45/$80	1P/S Water Acclimation
4:40- 5:10 P.M.	1P/S Water Acclimation & 2P/S Water Movement	2P/S Water Movement
5:20- 6:00 P.M.	3S/ Water Stamina	4S/ Stroke Introduction

Morning Lessons- YMCA at the Essentia Wellness Center

TIME	SATURDAY
10:00 -10:30 A.M.	1P/S Water Acclimation & 2P/S Water Movement
10:40 -11:20 P.M.	**4S/ Stroke Introduction**

Please contact the Aquatics Director with any questions or concerns about Swim Lessons at 218-241-8008 ext 524 or agugala@duluthymca.org