

- >> Weekday lessons will take place twice a week on Monday & Wednesday or Tuesday & Thursday.
- >> All lessons are 30 minutes long.
- >> Space is limited for all classes. We will do our best to accommodate wait lists but no guarantee.
- >> Due to the high demand for lessons, cancellations after the first class will result in a 50% refund. No refunds are issued if canceling after the second class or later.

Session 1:

March 11-April 3 Monday & Wednesday 6:15-6:45 PM

March 12-April 4 Tuesday & Thursday 6:15-6:45 PM

Registration Open: Feb. 1st-March 6th (online) | March 8th (In Branch)

Cost: Member \$75 | Non-Member \$110

Parent/Child Classes - Water Discovery/Exploration

Pre-School Classes- Water Acclimation, Movement, Stamina

School Age – Water Acclimation, Movement, Stamina & Stroke Introduction

Teen- Water Acclimation, Movement, Stamina & Stroke Introduction

(0-3 Years Olds)

(3-5 Year Olds)

(6-8 year olds)

(9-15 year old)

PARENT & CHILD —

PRESCHOOL =



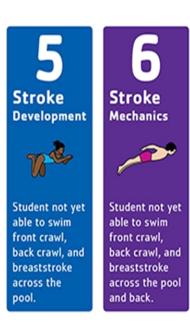












What Comes Next?

Competition: for students who want to swim competitively either at the Y or for a different organization.

Leadership: for students who want to become a lifeguard or otherwise use swimming skills in their professional career.

Recreation: for students who want to make swimming a part of a healthy lifestyle and a way of getting the recommended amount of physical activity per day.

Contact:

Wesley Parrish-Aquatic Director

Phone:

704-279-1742

Email:

wparrish@rocabymca.org

