Preschool & School Age 3 yrs - 12 yrs

Day	Registration Dates	Class Dates
<u>Saturday</u>	Dec. 15th- Dec. 26th	Jan. 10th- Feb. 28th
Monday & Wednesday	Jan. 5th- Jan. 16th	Jan. 19th- Feb. 11th
Tuesday & Thursday	Jan. 5th- Jan.16th	Jan. 20th - Feb. 12th
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Parent & Child 6 months - 3 yrs

Day	Registration Dates	Class Dates
<u>Monday</u>	Jan. 5th- Jan.16th	Jan. 26th- Mar. 23rd
<u>Wednesday</u>	Jan. 5th- Jan.16th	Jan. 28th- Mar. 25th
<u>Friday</u>	Jan. 5th- Jan. 16th	Jan. 30th- Mar. 27th

LESSON SELECTOR

Will the student go underwater voluntarily and float on front and back?



Can the student swim 10-15 yards on his or her front and back?



Can the student swim 15 yards of front and back crawl with effective form and confidence?



Can your student demonstrate front crawl with rotary breathing and sustain a one-minute tread?



Can the student swim front crawl, back crawl and breaststroke across the pool?



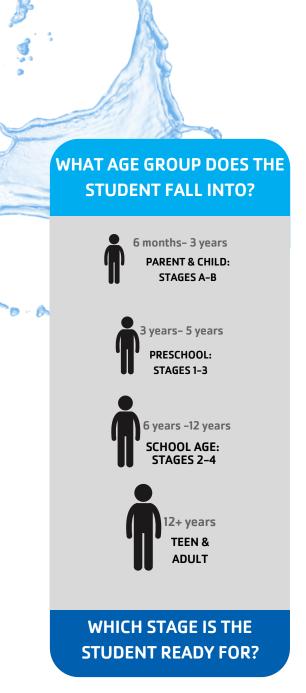
Can the student swim front crawl, back crawl, breaststroke and butterfly across the pool?



- >> Weekday lessons will take place twice a week on Monday & Wednesday or Tuesday & Thursday for a total of 8 classes
- >> Saturday lessons are <u>once</u> a week for 8 weeks.
- >>Parent & Child classes are <u>once</u> a week for 8 classes. Parent & child classes are 45 minutes long.
- >> Stages 1 and above are 30 minutes long
- >> Space is limited for all classes. We will do our best to accommodate waiting lists but no quarantee.

Adult & Teen 12+ yrs

Day	Registration Dates	Class Dates
<u>Saturday</u>	Dec 15th- Dec 26th	Jan 10th- Feb 28th





SCAN INTO SWIMMING



For class times and registration, please scan the QR code

ROWAN-CABARRUS YMCA rocabymca.org



SPLASH INTO SWIMMING



PRICE

Member \$90

Non-Member \$135

Sabrina Peña . Aquatics Director Harrisburg Branch

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