



Group Swimming Lessons

Ages 6 months and up

Parent Child A/B: \$15 Y Members/\$30 All Others

Stages 1-6: \$40 Y Members/\$60 All Others

July Swimming Lessons

Mon/Wed: July 11th -27th

Parent Child A/B: 4:10-4:50p

Stage 1-Water Acclimation: 5:00-5:40p

Stage 2-Water Movement: 5:50-6:30p

Tues/Thurs: July 12th - 28th

Stage 3-Water Stamina: 4:10-4:50p

Stage 4-Stroke Introduction: 5:00-5:40p

Stage 5 & 6-Stroke Development & Mechanics: 5:50-6:30p

August Swimming Lessons

Mon/Wed: August 8th - 24th

Parent Child A/B: 4:10-4:50p

Stage 1-Water Acclimation: 5:00-5:40p

Stage 2-Water Movement: 5:50-6:30p

Tues/Thurs: August 9th - 25th

Stage 3-Water Stamina: 4:10-4:50p

Stage 4-Stroke Introduction: 5:00-5:40p

Stage 5 & 6-Stroke Development & Mechanics: 5:50-6:30p

Pre-registration required

Register online at www.northfieldymca.org or by phone (507)-645-0088.

Questions? Call 507-645-0088 or email Anne at: anne@northfieldymca.org