



Group Swimming Lessons

Ages 6 months and up

Parent Child A/B: \$25 Members / \$45 All Others

Stages 1-6: \$45 Members / \$65 All Others

March Swimming Lessons

Monday/Wednesday: March 6 – March 22

Parent/Child A/B: 4:00-4:40pm

Stage 1-Water Acclimation: 4:50-5:30pm

Stage 2-Water Movement: 5:40-6:20pm

Stage 3-Water Stamina: 6:30-7:10pm

Tuesday/Thursday: March 7 – March 23

Stage 1-Water Acclimation: 4:00-4:40pm

Stage 2-Water Movement: 4:50-5:30pm

Stage 4-Stroke Introduction: 5:40-6:20pm

Stage 5&6-Stroke Development & Stroke Mechanics: 6:30-7:10pm

***In case of cancellation due to weather, lessons will be rescheduled by the YMCA.**

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