



JAN – MAR 2025 | SWIM LESSONS

REGISTER: ymcainw.org/programs

Central, North, Valley & Lighthouse YMCAs

GROUP SWIM LESSONS:

4 Week Sessions

- 8 classes | M/W or T/TH
- 4 classes | FRI (Central only) or SAT (All Branches)

1/6 – 2/1

- Y Member Registration Opens: 12/16
- Community Member Registration Opens: 12/23

2/3 – 3/1

- Y Member Registration Opens: 1/20
- Community Member Registration Opens: 1/27

3/3 – 3/29

- Y Member Registration Opens: 2/17
- Community Member Registration Opens: 2/24

Group Swim Lesson Rates:

4 Week Sessions

8 classes | M/W or T/TH:

- Y Member: \$58
- Community Member: \$98

4 classes | FRI or SAT:

- Y Member: \$30
- Community Member: \$50

PRIVATE SWIM LESSONS: (30-min) The day and time you select/register will repeat for **4 weeks**.

Rates: 4 week sessions (4 classes) | Y Member \$100 / Community Member \$180

SEMI-PRIVATE SWIM LESSONS: Available at Central, North, & Valley (30-min)

See Member Services to register. **2 people per time slot.**

Rates: 4 week sessions (4 classes) | Y Member \$75/person | Community Member \$135/person

NOVICE SWIM TEAM: Available at Central, North, & Valley

1/6 – 2/1: Y Member Registration Opens: 12/16 | Community Member Registration Opens: 12/23

2/3 – 3/1: Y Member Registration Opens: 1/20 | Community Member Registration Opens: 1/27

3/3 – 3/29: Y Member Registration Opens: 2/17 | Community Member Registration Opens: 2/24

Central Y: Monthly Sessions:

Beginner: T/TH 4:15 – 5pm • Y Member \$44 | Community Member \$76

Intermediate: T/TH 5 – 6pm • Y Member \$58 | Community Member \$100

Advanced: T/TH 6 – 7pm • Y Member \$58 | Community Member \$100

North Y: Monthly Sessions:

Beginner: M/W 5:15 – 6pm • Y Member \$44 | Community Member \$76

Intermediate: T/TH 5 – 6pm • Y Member \$58 | Community Member \$100

Advanced: T/TH 5 – 6pm • Y Member \$58 | Community Member \$100

Valley Y: Monthly Sessions:

Beginner: M/W 6 – 6:45pm • Y Member \$44 | Community Member \$76

Intermediate: M/W 7 – 8pm • Y Member \$58 | Community Member \$100

Advanced: M/W 7 – 8pm • Y Member \$58 | Community Member \$100



**SCAN FOR MORE
INFORMATION
AND TO
REGISTER**