



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFETY AROUND WATER

POCONO FAMILY YMCA

SPRING 1 2020 SWIM LESSONS

REGISTRATION OPENS
FEBRUARY 7, 2020

8 weeks: March 2– April 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00PM-5:30PM Level 1	11:30AM-12:00P Level 1-2		9:30AM- 10:00A Level 1-2	NO LESSONS!	9:00AM-9:30AM Level 4	No Lessons
5:30PM-6:00PM Level 3	5:00PM-5:30PM Level 2		10:00AM- 10:30A Swim Starters	REC/FAMILY SWIM!	9:30AM-10:00AM Level 1	
6:00PM-6:30PM Level 2	5:30PM-6:00PM Level 3		11:30AM-12:00 P Level 1-2		10:00AM-10:30AM Swim Starters	
6:30pm-7:00pm Young Adults/Adults	6:00PM-6:30PM Swim Starters	6:00PM-6:45PM Just for Kicks	5:00PM-5:30PM Level 2		10:30 AM-11:00AM Level 3	
	6:30PM-7:00PM Level 1		5:30PM-6:00PM Level 2		11:00 AM-11:30AM Level 2	
	7:00PM-7:30PM Level 4		6:00PM-6:30 PM Level 1		11:30 AM-12:00PM Level 1	
			6:30-PM-7:00 PM Level 4		1:30PM- 2:15 PM Just for Kicks	

	Member	Non-Member
8 Week:	\$76	\$114

TAKE YOUR MARK!

Boys and Girls Age 12 & Under - Swimmers are required to be able to swim 25 yards freestyle and 25 yards backstroke without flotation or assistance. Upon completion of Level 3 or 4 students can move up to the 'Take Your Mark' program.

Tuesday & Thursday at Stroudsburg Intermediate School
Schedule a **FREE TRIAL!**
www.pfyswim.org

HEALTHY KIDS DAY: APRIL 18TH

Swim Lesson Policies

- We allow 1 pre-arranged make up class per session.
- Participants must rinse off before entering the pool.
- Swim lessons are based off of participants skills and abilities. They will be placed in the appropriate level. After being tested out by an instructor.
- Refunds will only be given before the start of the session. After the session begins, it will be placed as a system credit.
- Classes will run if 3 or more participants are registered. If a class does not have enough signed up, participant may be asked to switch class times.
- Classes are limited to 6 students per instructor.