



Swim Academy Lessons Schedule

2010 SESSION 5 • September 13 - October 31

East YMCA • 651-771-8881 PHONE • 651-793-3565 FAX

BUILDING HOURS

Monday-Friday: 5:30 a.m. - 9:00 p.m.
 Saturday: 7:00 a.m. - 6:00 p.m.
 Sunday: 10:00 a.m. - 6:00 p.m.

KIDS STUFF HOURS

Monday-Friday: 8:45 a.m. - 1:15 p.m. & 4:15 - 8:45 p.m.
 Saturday: 8:45 p.m. - 1:15 p.m.
 Sunday: 1:30 p.m. - 5:30 p.m.

SWIM FEES

Adult, Metro Family

- Swim Lesson: \$35
- Specialty: \$40

- St. Paul Family
- Swim Lesson: \$55
 - Specialty: \$60

- Non-Members
- Swim Lesson: \$95
 - Specialty: \$100

Register at
www.ymcatwincities.org

- Arthritis Water X, FIT and MS
- Members: Free
 - Non-Members: \$4

PRIVATE/SEMI-PRIVATE LESSON FEES

Private Members	Private Non-Members	Semi-Private Member	Semi-Private Non-Members
• 1 lesson: \$32	• 1 lesson: \$55	• 1 lesson: \$38	• 1 lesson: \$70
• 3 lessons: \$85	• 3 lessons: \$150	• 3 lessons: \$110	• 3 lessons: \$200
• 7 lessons: \$180	• 7 lessons: \$325	• 7 lessons: \$230	• 7 lessons: \$400

MONDAY, BEGINS SEPT 13 • 7 week classes (once a week for 7 weeks)

4:45	to	5:15	pm	Preschool	Sunfish	02201 - 19
4:45	to	5:15	pm	Preschool	Eel	02202 - 19
4:45	to	5:25	pm	School Age	Goldfish	02205 - 19
4:45	to	5:25	pm	School Age	Guppy	02239 - 10
5:20	to	5:50	pm	Parent/Child	Seahorse	02228 - 19
5:20	to	5:50	pm	Preschool	Ray	02203 - 19
5:30	to	6:10	pm	School Age	Trout	02235 - 10
5:30	to	6:10	pm	School Age	Fish	02208 - 10
5:30	to	6:10	pm	School Age	Guppy	02239 - 19
5:55	to	6:25	pm	Preschool	Ray/Starfish	02222 - 19
5:55	to	6:25	pm	Preschool	Pike	02200 - 19
6:15	to	6:55	pm	Specialty/Family	Swimming Crew	02514 - 10
6:15	to	6:55	pm	School Age	Minnow	02207 - 19
6:15	to	6:55	pm	School Age	Flying Fish	02209 - 10
6:30	to	7:10	pm	School Age	Polliwog	02238 - 10
6:30	to	7:10	pm	School Age	Guppy	02239 - 11
7:00	to	7:40	pm	Teen/Adult	Teen Beginner	02212 - 10
7:00	to	7:40	pm	Teen/Adult	Adult Basic Water Adjustment	02271 - 19
7:00	to	7:40	pm	School Age	Shark	02210 - 10

TUESDAY, BEGINS SEPT 14 • 7 week classes (once a week for 7 weeks)

4:30	to	5:00	pm	Preschool	Sunfish	02201 - 20
4:30	to	5:10	pm	School Age	Goldfish	02205 - 20
4:30	to	5:10	pm	School Age	Guppy	02239 - 20
5:05	to	5:35	pm	Preschool	Eel	02202 - 20
5:15	to	5:55	pm	School Age	Polliwog	02238 - 20
5:15	to	5:55	pm	School Age	Fish	02208 - 20

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5:40	to	6:10	pm	Preschool	Pike	02200 - 20
6:00	to	6:40	pm	School Age	Trout	02235 - 20
6:00	to	6:40	pm	School Age	Minnow/Fish	02223 - 20
6:15	to	6:45	pm	Preschool	Ray/Starfish	02222 - 20

WEDNESDAY, BEGINS SEPT 15 • 7 week classes (once a week for 7 weeks)

4:45	to	5:15	pm	Preschool	Eel	02202 - 39
4:45	to	5:15	pm	Preschool	Sunfish	02201 - 30
4:45	to	5:25	pm	School Age	Guppy	02239 - 39
4:45	to	5:25	pm	School Age	Minnow	02207 - 39
5:20	to	5:50	pm	Preschool	Pike	02200 - 39
5:20	to	5:50	pm	Preschool	Ray	02203 - 30
5:20	to	5:50	pm	Preschool	Eel	02202 - 39
5:30	to	6:10	pm	School Age	Trout	02235 - 39
5:30	to	6:10	pm	School Age	Fish	02208 - 39
5:55	to	6:25	pm	Parent/Child	Sea Lion	02227 - 30
5:55	to	6:25	pm	Preschool	Ray/Starfish	02222 - 39
6:15	to	6:55	pm	School Age	Guppy	02239 - 38
6:15	to	6:55	pm	School Age	Goldfish	02205 - 39
6:15	to	6:55	pm	School Age	Flying Fish/Shark	02225 - 30
6:30	to	7:00	pm	Preschool	Pike	02200 - 30
6:30	to	7:00	pm	Specialty/Family	Swimming Crew Jr.	02515 - 30
7:00	to	7:40	pm	Teen/Adult	Adult Stroke Development	02272 - 30
7:00	to	7:40	pm	Teen/Adult	Teen Intermediate	02213 - 39
7:00	to	7:40	pm	Teen/Adult	Adult Fitness Swimming	02275 - 30
7:10	to	7:40	pm	Specialty/Family	Swim Assessment	02700 - 30

SATURDAY, BEGINS SEPT 18 • 7 week classes (once a week for 7 weeks)

10:00	to	10:30	am	Preschool	Sunfish	02201- 69
10:00	to	10:30	am	Preschool	Eel	02202- 69
10:00	to	10:30	am	Preschool	Starfish	02204- 60
10:00	to	10:40	am	School Age	Minnow	02235- 69
10:00	to	10:40	am	School Age	Guppy	02239- 69
10:35	to	11:05	am	Preschool	Pike	02201- 60
10:35	to	11:05	am	Preschool	Starfish	02203- 69
10:35	to	11:05	am	Parent/Child	Sea Lion	02227 - 60
10:45	to	11:25	am	School Age	Guppy	02239 - 69
10:45	to	11:25	am	School Age	Trout	02235 - 69
11:10	to	11:40	am	Preschool	Eel	02202 - 60
11:10	to	11:40	am	Parent/Child	Seahorse	02228 - 69
11:10	to	11:40	am	Preschool	Ray	02203 - 69
11:30	to	12:10	pm	School Age	Fish	02208 - 60

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11:30	to	12:10	pm	School Age	Goldfish	02205 - 60
11:45	to	12:15	pm	Preschool	Pike	02200 - 61
11:45	to	12:25	pm	School Age	Polliwog	02238 - 60
11:45	to	12:25	pm	School Age	Flying Fish/Shark	02225 - 60
12:15	to	12:30	pm	Specialty/Family	Swim Assessment	02700 - 60

MON. & WED. SESSION 5A, SEPT 13 - OCT 4

(2 classes per week for 3.5 weeks)

9:30	to	10:00	am	Parent/Child	Sea Lion	02227 - 80
9:30	to	10:00	am	Parent/Child	Seahorse	02228 - 80
10:05	to	10:35	am	Preschool	Pike	02200 - 80
10:05	to	10:35	am	Preschool	Eel	02202 - 80
10:40	to	11:10	am	Preschool	Ray/Starfish	02222 - 80

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