

WINTER 2010
1X PER WEEK
1/11/2010-3/6/2010

Y SWIM LESSONS™

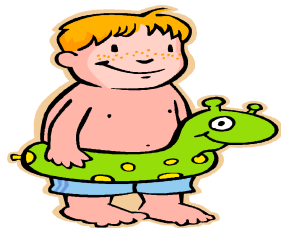
We build strong kids, strong families, strong communities.

EASTSIDE FAMILY YMCA

Tadpole	
Monday	4:00PM
Tuesday	6:30PM

Polliwog	
Monday	4:30PM
Tuesday	5:30PM
	6:00PM
Wednesday	6:00PM
Thursday	4:30PM

Guppy	
Monday	5:00PM
Tuesday	5:00PM
Wednesday	5:00PM
	5:30PM
Friday	5:30PM
Saturday	9:30AM



Minnow	
Monday	5:30PM
Tuesday	5:30PM
Wednesday	5:00PM
Thursday	4:30PM
Friday	4:30PM
Saturday	10:00AM

Fish	
Tuesday	4:30PM
Wednesday	5:30PM
Friday	5:00PM

FLYING FISH	
Friday	5:45PM
Saturday	9:45AM

SHARK/PORPOISE	
Tuesday	5:15PM

Adult/Teen	
Tuesday	6:45PM
Thursday	10:00AM

Parent/Child	
Wednesday	6:15PM
Saturday	10:00AM

Preschool	
Tuesday	6:00PM
	6:45PM
Thursday	5:15PM
	6:00PM
Saturday	10:30AM

Art, Gym, Swim	
Tuesday	
Art/Gym/Swim	9:15AM
Swim/Art/Gym	9:15AM
Wednesday	
Art/Gym/Swim	6:00PM

ONE, TWO, & YOU	
Thursday	9:15AM

Synchronized Swimming	
Wednesday	6:30PM



There is a nominal fee of \$15.00 per child for swim lessons or \$30.00 for a family
Program Members nominal fee is \$75.00 per swim class

For the safety and maximum benefit to your child, we ask parents to wait in the lobby area during classes. This provides a better teaching environment for your child and helps to reduce traffic in the pool area so our lifeguards can remain focused on the water.