



CONFIDENCE IN THE WATER

Youth Swim Lessons

SWIM LESSON DATES & TIMES

Days	T/Th Midday	Friday Nights	Saturday Mornings	Monday & Wednesday Nights	Tuesday & Thursday Nights	Monday, Tuesday, & Wednesday Mornings
Dates	Jan. 8 - 24 Feb. 5 - 21 Mar. 5 - 21 April 2 - 18 April 30 - May 16 Sept. 3 - 19 Oct. 1 - 17 Oct. 29 - Nov. 14 Dec. 3 - 19	Feb. 1 - Mar. 8 Mar. 22 - April 26 May 10 - June 14 June 28 - Aug. 2 Aug. 16 - Sept. 20 Oct. 4 - Nov. 8	Feb. 2 - Mar. 9 Mar. 23 - April 27 May 11 - June 15 June 29 - Aug. 3 Aug. 17 - Sept 21 Oct. 5 - Nov. 9	Mar. 4 - Mar. 20 April 1 - April 17 April 29 - May 15 May 29 - June 17 June 24 - July 10 July 22 - Aug. 7	Mar. 5 - Mar. 21 April 2 - April 18 April 30 - May 16 May 28 - June 13 June 25 - July 11 July 22 - Aug. 8	June 3 - 13 June 17 - 27 July 1 - 11 July 15 - July 25 July 29 - Aug. 8
Stages A&B (6 mos. - 3 years) *Max of 10 participants	1:00 - 1:40pm				6:00 - 6:40pm	
Stage 1 (3 - 18) *Max of 6 participants	2:00 - 2:40pm	6:30 - 7:10pm	10:20 - 11:00am	6:00 - 6:40pm		9:10 - 9:50am
Stage 2 (3 - 18) *Max of 6 participants	2:00 - 2:40pm	6:30 - 7:10pm	10:20 - 11:00am	6:00 - 6:40pm		9:10 - 9:50am
Stage 3 (3 - 18) *Max of 6 participants	2:00 - 2:40pm	6:30 - 7:10pm	10:20 - 11:00am	6:00 - 6:40pm		9:10 - 9:50am
Stage 4 (3 - 18) *Max of 6 participants		7:15 - 7:55pm	10:20 - 11:00am		6:00 - 6:40pm	10:00 - 10:40am
Stage 5 (3 - 18) *Max of 6 participants		7:15 - 7:55pm	10:20 - 11:00am		6:00 - 6:40pm	10:00 - 10:40am
Stage 6 (3 - 18) *Max of 6 participants		7:15 - 7:55pm	10:20 - 11:00am		6:00 - 6:40pm	10:00 - 10:40am

For Private Lessons, please contact Casey Favor at casey.favor@ymcadanville.org or 434-792-0621.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD ADULT CONFIDENCE

MEMBERS:
\$40/SESSION

NON-MEMBERS:
\$80/SESSION

2019 Adult Swim Lessons DANVILLE FAMILY YMCA

Did you know Adult Swim Lessons are offered at the Danville Family YMCA? Adult lessons are totally tailored to your goals. Whether you are looking to acclimate yourself to the water or fine tune your technique, our Adult Swim Lessons are for you! The minimum age for Adult Swim Lessons is 18 years. For more information, please contact Casey Favor at 434-792-0621 or casey.favor@ymcadanville.org

Saturday mornings:

- Time: 11:05 - 11:45am; Maximum number of participants: 10

Feb. 2 - Mar. 9	Mar. 23 - April 27	May 11 - June 15
June 29 - Aug. 3	Aug. 17 - Sept 21	Oct. 5 - Nov. 9

Tuesday/Thursday afternoons:

- Time: 2:00 - 2:40pm; Maximum number of participants: 5

Jan. 8 - 24	Feb. 5 - 21	Mar. 5 - 21
April 2 - 18	April 30 - May 16	Sept. 3 - 19
Oct. 1 - 17	Oct. 29 - Nov. 14	Dec. 3 - 19

