

Green Hills Family YMCA

4041 Hillsboro Circle ▼ Nashville, TN 37215

(615) 297-6529 ▼ www.ymcamidtn.org

2009 Winter/Spring Swim Lessons

Class Types

Private: Receive one-on-one, personalized instruction.

Group: Enjoy learning with others your age and ability level.

Class Groupings

Parent/Child (6-36 months)

Parents accompany their children in the pool to acquaint them with the water environment. Instructors show parents how to work with their child in the pool.

Preschool (ages 3-5)

These lessons offer many children their first experience in the pool without parental assistance. Participants are divided into four levels of skill progression while learning basic pre-swim skills.

Youth (ages 6-14)

Participants are divided into six levels of skill progression while developing greater swimming ability.

Adults (9th grade and older)

Participants work one-on-one with an instructor on improving their swimming skills. Private lessons only.

Swim Lesson Rates

Group Lessons

Classes Frequency	Facility Members	Program Members*
6 lessons	\$51	\$77

Private Lessons (4 lessons)

\$100 facility members, \$150 program members*

Swim Team — Tues./Wed./Thurs., 4:30-5:30 p.m.

Class Dates:

Jan. 13-Feb. 5 Feb. 10-Mar. 5 Mar. 10-Apr. 2 Apr. 7-30

Classes Frequency	Facility Members
One Day	\$30
Two Days	\$60
Three Days	\$75

* Program members must pay \$45 per family for an annual YMCA program membership.

Open Doors Policy

The YMCA strives to keep its doors open to everyone, regardless of financial circumstances. Ask about financial assistance that may be available to you based on your household income.

Winter/Spring Schedule

Monday/Wednesday Sessions

Class Times:

Preschool	10:50 a.m. 4 p.m. 6:30 p.m.
Youth	4:45 p.m. 6:30 p.m.

Tuesday/Thursday Sessions

Class Times:

Parent/Child	10:15 a.m. 6:30 p.m.
Preschool	10:50 a.m. 4 p.m.
Youth	4:45 p.m.

Weekday Sessions Class Dates:

Jan. 12-29	Feb. 2-19
Feb. 23-Mar. 12	Mar. 23-Apr. 9
Apr. 13-30	May 4-21

Saturday Sessions

Class Times:

Parent/Child	9 a.m.
Preschool	9:50 a.m. 10:40 a.m.
Youth	9 a.m.

Class Dates:

Jan. 17-Feb. 21	Feb. 28-Apr. 4
Apr. 11-May 16	

Register online at ymcamidtn.org!



We build strong **kids**, strong **families**,
strong **communities**.

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping persons grow in spirit, mind and body.