

North Rutherford YMCA

Ronald Reagan Family Center

2001 Motlow College Drive ▼ Smyrna, TN 37167
(615) 220-9622 ▼ www.ymcamidtn.org

2008 Fall 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 are grouped with peers of similar ability while working on improving their swimming skills.

Swim Lesson Rates

Group Lessons

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

Private Lessons (4 classes)

Offered Monday-Saturday

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

Electric Eels Swim Team

\$50/month facility members, \$60/month program members*

Practice Schedule

Days: Tuesday/Thursday

Time: 4:30-6 p.m.

Dates: Aug. 12-Sept. 4, Sept. 9-Oct. 2, Oct. 7-30, Nov. 4-27, Dec. 2-18

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

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.

Fall Class Schedule

Tuesday/Thursday Sessions

Class Times:

Parent/Child	9-9:30 a.m.
Preschool	9:45-10:30 a.m. 4:30-5:15 p.m.
Youth	5:30-6:15 p.m.

Class Dates:

Aug. 18-Sept. 4	Sept. 9-25
Sept. 30-Oct. 16	Oct. 21-Nov. 6
Nov. 11-27	Dec. 2-18

(Final class will be made up with instructor due to Thanksgiving holiday)

Saturday Sessions

Class Times:

Parent/Child	9-9:30 a.m.
Preschool	9-9:45 a.m.
Youth	10-10:45 a.m.
Adult	11-11:45 a.m.

Class Dates:

Aug. 30-Oct. 4	Oct. 11-Nov. 15
Nov. 22-Dec. 27	

Lifeguard Academy

Thursday-Sunday Sessions

Class Times:

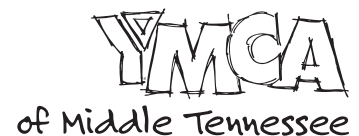
Thursday 5-9 p.m.	Friday 5-9 p.m.
Saturday 8 a.m.-6 p.m.	Sunday 1-6 p.m.

Class Dates: Aug. 15-17

Register online at ymcamidtn.org!

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.



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