

Sumner County Family YMCA

102 Bluegrass Commons Blvd. ▼ Hendersonville, TN 37075
(615) 826-9622 ▼ www.ymcamidtn.org

2010 Spring Swim Lessons

Class Types

Private: Receive individual, personalized instruction.

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

Class Groupings

Parent/Child (6-36 months)

Parents accompany children in the pool to acquaint their child and learn how to work with them in the water.

Preschool (ages 3-5)

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

Youth (ages 6-12)

Participants are divided into three ability levels while progressively developing their swimming skills.

Adults (age 13 and older)

Participants receive instruction to improve their swimming skills with peers of similar ability level.

Swim Lesson Rates

Group Lessons

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

Private Lessons

Classes Frequency	Facility Members	Program Members*
1 lesson	\$30	\$45
4 lessons	\$100	\$150
8 lessons	\$200	\$300

Advanced Swimming/Swim Team

Price per month: \$50 facility members, \$70 program members*

Monday/Friday Sessions

Class Times: 5-6:30 p.m.

Class Dates:	Jan. 4-29	Feb. 1-26
	Mar. 1-29	Apr. 5-30
	May 3-28	
	* 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 you about financial assistance that may be available to you based on your household income.

Spring Class Schedule

Monday Sessions

Class Times:

Preschool	6 p.m.
Youth	6 p.m.

Class Dates:

Feb. 22-March 29	Apr. 19-May 24
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Tuesday/Thursday Sessions

Class Times:

Preschool	5:30 p.m.
Youth	5:30 p.m.

Class Dates:

Jan. 5-21	Jan. 26-Feb. 11
Feb. 16-Mar. 4	Mar. 9-25
Apr. 20-May 6	May 11-27

Friday Sessions

Class Times:

Preschool	10 a.m.
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Class Dates:

Jan. 8-Feb. 12	Feb. 19-Mar. 26
Apr. 9-May 14	May 21-June 25

Saturday Sessions

Class Times:

Parent/Child	9 a.m.
Preschool	10 a.m.
Youth	10 a.m.

Class Dates:

Jan. 9-Feb. 13	Feb. 20-Mar. 27
Apr. 17-May 22	

Stroke Development (ages 5-14)

Friday Sessions

Class Times: 5:30-6:30 p.m.

Class Dates:

Jan. 8-Feb. 12	Feb. 19-Mar. 27
Apr. 9-May 14	

Spring Break: Watch for special sessions of swim lessons April 5-16!

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.