

Sumner County Family YMCA

102 Bluegrass Commons Blvd. ▼ Hendersonville, TN 37075

(615) 826-9622 ▼ 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)

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

Swim Team (per month)

Intermediate to advanced swimmers

\$50 facility members, \$70 program members*

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

Swim Team Schedule (ages 5-16)

Class Times: 4:30-6 p.m.

Class Dates:	Sept. 5-29	Oct. 3-27
	Nov. 3-28	Dec. 1-29

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.

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

(All sessions include six classes)

Monday Sessions

Class Times:

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

Class Dates:

Sept. 8-Oct. 13	Oct. 20-Nov. 24
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Tuesday/Thursday Sessions

Class Times:

Preschool	5:30 p.m.
Youth	5:30 p.m.
Adult	6:30 p.m.

Class Dates:

Sept. 2-18	Sept. 23-Oct. 9
Oct. 14-30	Nov. 4-20
Dec. 2-18	

Friday Sessions

Class Times:

Preschool	10 a.m.
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Class Dates:

Aug. 22-Sept. 26	Oct. 3-Nov. 7
Nov. 14-Dec. 19	

Saturday Sessions

Class Times:

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

Class Dates:

Aug. 23-Sept. 27	Oct. 4-Nov. 8
Nov. 15-Dec. 20	

Stroke Development (ages 5-14)

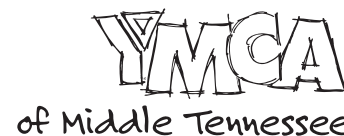
Friday Sessions

Class Times: 5 p.m.

Class Dates:

Sept. 5-Oct. 10	Oct. 17-Dec. 5*
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*No classes Oct. 31 or Nov. 28



We build strong kids, strong families,
strong communities.