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DOWNTOWN FAMILY YMCA

AUGUST & SEPTEMBER 2022

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| **Group Lessons Semi-Private Lessons** (groups of 2-3) |
| 4 Lessons: $40 member / $65 non-member 4 Lessons: $145 member / $270 non-member |
| 8 Lessons: $80 member / $130 non-member 10 Lessons: $345 member / $625 non-member |
| **Private Lessons** |
| 4 Lessons: $95 member / $165 non-member 10 Lesson : $220 member / $345 non-member |

Aquatics Director, Cassie Singleton [csingleton@ymcachattanooga.org](mailto:csingleton@ymcachattanooga.org) 423.266.3766

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| Class  August: September: Mon/Wed: Aug. 1-24 Mon/Wed: Aug. 29 – Sept. 26 Tues/Thurs: Aug. 2-25 Tues/Thurs: Aug. 30 – Sept. 22 Sat: Aug. 6-27 Sat: Sept. 3-24 | Day/Time |
| Swim Starters (parent participation required)- Ages 6 mo-3 years | |
| Water Discovery/Water Exploration | Thursdays 4:45 p.m. Saturdays 10:30 a.m. |
| Swim Basics: Preschool- Ages 3 -5 years | |
| Levels 1, 2, & 3- Acclimation/Movement/Stamina | Mondays/Wednesdays  11 a.m., 5:30 p.m. or 6:15 p.m. Tuesdays/Thursdays 5:30 p.m. Saturdays 11:15 a.m. or 12 p.m. |
| Swim Basics: Youth- Ages 6-12 years | |
| Levels 1, 2, & 3- Acclimation/Movement/Stamina | Tuesdays/Thursdays 6:15 p.m. |
| Swim Strokes (advanced youth)- Ages 6 -12 years | |
| Levels 4, 5, & 6- Stroke Introduction/Stroke Development/Stroke Mechanics | Mondays/Wednesdays |
| Adult: Ages 13+ | |
| Various skill levels | Thursdays 7 p.m. |

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| Make up lessons are not conducted for personal absences and are only conducted if the cancels class for any reason. Make up lessons for classes extend the session one more Saturday or by adding additional minutes to remaining classes. |

**A picture containing table

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