



# Beat the Heat this Summer with Swim Lessons at the Duaneburg YMCA!

## Splash into the new season with our Summer Session!

When: July 3<sup>rd</sup> through August 20<sup>th</sup>.

\*no classes on the Fourth of July

### Weekday Group Classes:

Parent & Child: Wednesdays 5 – 5:30pm

Pike: Mondays 5 – 5:30pm

Eel: Mondays 5:35 – 6:05pm OR

Fridays 6:05 – 6:35pm

Ray: Tuesdays 5 – 5:30pm

Starfish: Wednesdays 5:35 – 6:05pm

Polliwog: Tuesdays 5:30 – 6:10pm

OR Thursdays 5 – 5:40pm

Guppy: Tuesdays 6:15 – 6:55pm

OR Thursdays 5:45 – 6:25pm

Minnow: Mondays 6:10 – 6:50pm

Fish: Fridays 5:20 – 6:00pm

## Saturday Summer Lessons

When: July 8<sup>th</sup> – August 19<sup>th</sup>

Parent & Child: 11:50am – 12:20pm

Pike: 10:30–11:00am OR 11:15–11:45am

Polliwog: 9:45 – 10:25am OR 10:30 – 11:10am

Eel: 9:00 – 9:30am OR 11:15 – 11:45am

Ray: 11:50am – 12:20pm

Starfish: 10:30 – 11:00am

Guppy: 9:00 – 9:40am OR 9:45-10:25am

Registration for the Summer Session will open on May 29<sup>th</sup> for members and June 5<sup>th</sup> for the community. Registration will close on July 16<sup>th</sup>.

Ask about our private swim lessons, group private swim lessons, and our private family swim lessons!

## Two-Week Fast Track Summer Lessons

When: Session 1 – July 3<sup>rd</sup> – July 14<sup>th</sup>; Session 2 – July 17<sup>th</sup> – July 28<sup>th</sup>; Session 3 – July 31<sup>st</sup> – August 11<sup>th</sup>. Classes will meet daily for 2 weeks. \*No class July 4<sup>th</sup>

Both day-time and evening fast track options available! Call for details.

To register, visit

[www.cdymca.org](http://www.cdymca.org),

call (518)895-9500,

or email

[swales@cdymca.org](mailto:swales@cdymca.org)

Join us for our Adult and Teen beginner and intermediate swim lessons! Perfect for those who are looking to join swim team, become a lifeguard, or improve their physical wellness! Call for details.

This activity is not sponsored by or affiliated with Schalmont Central School District.