



Swim Academy Lessons Schedule

2010 SESSION 5 • September 13 - October 31

Elk River YMCA • 763-230-2800 PHONE • 763-441-2764 FAX

BUILDING HOURS

Monday-Friday: 5:00 a.m. - 10:00 p.m.
 Saturday & Sunday: 7:00 a.m. - 8:00 p.m.

KIDS STUFF HOURS

Monday-Friday: 8:00 a.m. - 8:30 p.m.
 Saturday: 8:00 a.m. - 2:00 p.m.
 Sunday: 11:00 a.m. - 4:00 p.m.

SWIM FEES

Adult, Metro Family
 and Dual Members

- Swim Lesson: \$35
- Specialty: \$40

Non-Members

- Swim Lesson: \$95
- Specialty: \$100

Register at
www.ymcatwincities.org

Arthritis Water X, FIT and MS

- Members: Free
- Non-Members: \$4

PRIVATE/SEMI-PRIVATE LESSON FEES

Private
 Members

- 1 lesson: \$32
- 3 lessons: \$85
- 7 lessons: \$180

Private
 Non-Members

- 1 lesson: \$55
- 3 lessons: \$150
- 7 lessons: \$325

Semi-Private
 Member

- 1 lesson: \$38
- 3 lessons: \$110
- 7 lessons: \$230

Semi-Private
 Non-Members

- 1 lesson: \$70
- 3 lessons: \$200
- 7 lessons: \$400

MONDAY, BEGINS SEPT 13 • 7 week classes (once a week for 7 weeks)

4:30	to	5:00	pm	Parent/Child	Seahorse	02228 - 10
4:30	to	5:00	pm	Preschool	Sunfish	02201 - 19
4:30	to	5:00	pm	Preschool	Eel	02202 - 10
4:30	to	5:10	pm	School Age	Goldfish	02205 - 19
4:30	to	5:10	pm	School Age	Trout	02235 - 19
4:30	to	5:10	pm	School Age	Guppy	02239 - 10
4:30	to	5:10	pm	School Age	Goldfish	02205 - 10
5:05	to	5:35	pm	Preschool	Sunfish	02201 - 11
5:05	to	5:35	pm	Preschool	Pike	02200 - 10
5:05	to	5:35	pm	Preschool	Eel	02202 - 19
5:15	to	5:55	pm	School Age	Goldfish	02205 - 11
5:15	to	5:55	pm	School Age	Trout	02235 - 11
5:15	to	5:55	pm	School Age	Guppy	02239 - 11
5:15	to	5:55	pm	School Age	Fish	02208 - 19
5:40	to	6:10	pm	Preschool	Pike	02200 - 11
5:40	to	6:10	pm	Preschool	Eel	02202 - 11
5:40	to	6:10	pm	Preschool	Ray	02203 - 19
6:00	to	6:30	pm	Preschool	Pike	02200 - 12
6:00	to	6:40	pm	School Age	Guppy	02239 - 12
6:00	to	6:40	pm	School Age	Minnow	02207 - 19
6:00	to	6:40	pm	School Age	Flying Fish	02209 - 10
6:15	to	6:45	pm	Parent/Child	Seahorse	02228 - 19
6:15	to	6:45	pm	Preschool	Eel	02202 - 12
6:15	to	6:45	pm	Preschool	Starfish	02204 - 10
6:45	to	7:25	pm	Specialty/Family	Swimming Crew	02514 - 19

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TUESDAY, BEGINS SEPT 14 • 7 week classes (once a week for 7 weeks)

9:00	to	9:30	am	Parent/Child	Sea Lion	02227 - 20
9:00	to	9:30	am	Preschool	Sunfish	02201 - 20
9:35	to	10:05	am	Parent/Child	Seahorse	02228 - 20
9:35	to	10:05	am	Preschool	Pike	02200 - 20
10:10	to	10:40	am	Preschool	Pike	02200 - 21
10:10	to	10:40	am	Preschool	Eel	02202 - 20
10:45	to	11:15	am	Preschool	Eel	02202 - 21
10:45	to	11:15	am	Preschool	Ray	02203 - 20
4:30	to	5:00	pm	Parent/Child	Sea Lion	02227 - 21
4:30	to	5:00	pm	Preschool	Pike	02200 - 22
4:30	to	5:00	pm	Preschool	Eel	02202 - 22
4:30	to	5:00	pm	Preschool	Ray	02203 - 21
4:30	to	5:10	pm	School Age	Trout	02235 - 29
4:30	to	5:10	pm	School Age	Guppy	02239 - 20
4:30	to	5:10	pm	School Age	Fish	02208 - 20
5:05	to	5:35	pm	Parent/Child	Seahorse	02228 - 21
5:05	to	5:35	pm	Preschool	Sunfish	02201 - 21
5:05	to	5:35	pm	Preschool	Pike	02200 - 23
5:05	to	5:35	pm	Preschool	Starfish	02204 - 20
5:15	to	5:55	pm	School Age	Goldfish	02205 - 29
5:15	to	5:55	pm	School Age	Polliwog	02238 - 20
5:15	to	5:55	pm	School Age	Minnow	02207 - 20
5:40	to	6:10	pm	Parent/Child	Seahorse	02228 - 22
5:40	to	6:10	pm	Parent/Child	Sunfish	02201 - 22
5:40	to	6:10	pm	Preschool	Eel	02202 - 23
5:40	to	6:10	pm	Preschool	Ray	02203 - 22
6:00	to	6:40	pm	School Age	Guppy	02239 - 21
6:00	to	6:40	pm	School Age	Polliwog	02238 - 21
6:00	to	6:40	pm	School Age	Fish	02208 - 21
6:15	to	6:45	pm	Preschool	Pike	02200 - 24
6:15	to	6:45	pm	Preschool	Eel	02202 - 24
6:15	to	6:45	pm	Preschool	Ray	02203 - 23
6:15	to	6:55	pm	Teen/Adult	Adult Stroke Technique - Front and Back Crawl	02273 - 29
6:45	to	7:25	pm	School Age	Shark	02210 - 29

WEDNESDAY, BEGINS SEPT 15 • 7 week classes (once a week for 7 weeks)

9:00	to	9:30	am	Preschool	Pike	02200 - 30
9:35	to	10:05	am	Preschool	Eel	02202 - 30
10:10	to	10:50	am	School Age	Polliwog	02238 - 30
10:55	to	11:35	am	School Age	Guppy	02239 - 30
3:55	to	4:25	pm	Parent/Child	Seahorse	02228 - 30
3:55	to	4:25	pm	Preschool	Pike	02200 - 31

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4:30	to	5:00	pm	Parent/Child	Seahorse	02228 - 31
4:30	to	5:00	pm	Preschool	Pike	02200 - 32
4:30	to	5:00	pm	Preschool	Eel	02202 - 39
4:30	to	5:10	pm	School Age	Polliwog	02238 - 31
4:30	to	5:10	pm	School Age	Guppy	02239 - 31
4:30	to	5:10	pm	School Age	Flying Fish	02209 - 30
5:05	to	5:35	pm	Preschool	Pike	02200 - 33
5:05	to	5:35	pm	Preschool	Ray	02203 - 30
5:05	to	5:45	pm	School Age	Trout	02235 - 30
5:15	to	5:55	pm	School Age	Guppy	02239 - 32
5:15	to	5:55	pm	School Age	Guppy	02239 - 33
5:15	to	5:55	pm	School Age	Fish	02208 - 30
5:40	to	6:10	pm	Parent/Child	Sea Turtle	02226 - 30
5:40	to	6:20	pm	School Age	Goldfish	02205 - 30
5:50	to	6:30	pm	School Age	Guppy	02239 - 34
6:00	to	6:40	pm	School Age	Trout	02235 - 31
6:00	to	6:40	pm	School Age	Minnow	02207 - 39
6:00	to	6:40	pm	School Age	Fish	02208 - 31
6:15	to	6:45	pm	Parent/Child	Seahorse	02228 - 39
6:25	to	7:05	pm	School Age	Guppy	02239 - 35
6:45	to	7:25	pm	School Age	Guppy	02239 - 36
6:45	to	7:25	pm	Specialty/Family	Swimming Crew	02514 - 30

THURSDAY, BEGINS SEPT 16 • 7 week classes (once a week for 7 weeks)

4:30	to	5:00	pm	Preschool	Sea Turtle	02226 - 40
4:30	to	5:00	pm	Preschool	Ray	02203 - 49
4:30	to	5:10	pm	School Age	Trout	02235 - 49
4:30	to	5:10	pm	School Age	Polliwog	02238 - 40
4:30	to	5:10	pm	School Age	Guppy	02239 - 40
4:30	to	5:10	pm	School Age	Minnow	02207 - 49
5:05	to	5:35	pm	Parent/Child	Seahorse	02228 - 40
5:05	to	5:35	pm	Preschool	Pike	02200 - 40
5:15	to	5:55	pm	School Age	Sunfish	02201 - 40
5:15	to	5:55	pm	School Age	Guppy	02239 - 41
5:15	to	5:55	pm	School Age	Fish	02208 - 49
5:15	to	5:55	pm	Specialty/Family	Competitive Stroke and Turn Development, Level 1	02307 - 40
5:40	to	6:10	pm	Preschool	Pike	02200 - 41
5:40	to	6:10	pm	Preschool	Eel	02202 - 49
6:00	to	6:30	pm	Preschool	Sunfish	02201 - 41
6:00	to	6:30	pm	Preschool	Eel	02202 - 40
6:00	to	6:30	pm	Preschool	Ray	02203 - 48
6:00	to	6:30	pm	Preschool	Starfish	02204 - 40
6:15	to	6:55	pm	School Age	Flying Fish	02209 - 40

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6:15	to	6:55	pm	Specialty/Family	Swim Assessment	02700 - 40
6:15	to	6:55	pm	Teen/Adult	Adult Stroke Technique - Front and Back Crawl	02273 - 49

SATURDAY, BEGINS SEPT 18 • 7 week classes (once a week for 7 weeks)

7:15	to	7:55	am	Specialty/Family	Water Triathlon Training	02511 - 60
9:00	to	9:30	am	Parent/Child	Seahorse	02228 - 60
9:00	to	9:30	am	Preschool	Sunfish	02201 - 69
9:00	to	9:30	am	Preschool	Pike	02200 - 60
9:00	to	9:30	am	Preschool	Eel	02202 - 69
9:00	to	9:40	am	School Age	Trout	02235 - 60
9:00	to	9:40	am	School Age	Guppy	02239 - 60
9:00	to	9:40	am	School Age	Flying Fish	02209 - 69
9:35	to	10:05	am	Parent/Child	Sea Turtle	02226 - 60
9:35	to	10:05	am	Preschool	Pike	02200 - 61
9:35	to	10:05	am	Preschool	Eel	02202 - 60
9:35	to	10:05	am	Preschool	Ray	02203 - 60
9:45	to	10:25	am	School Age	Guppy	02239 - 61
9:45	to	10:25	am	School Age	Fish	02208 - 60
9:45	to	10:25	am	Teen/Adult	Adult Basic Water Adjustment	02271 - 60
10:10	to	10:40	am	Parent/Child	Sea Lion	02227 - 60
10:10	to	10:40	am	Preschool	Pike	02200 - 62
10:10	to	10:40	am	Preschool	Eel	02202 - 61
10:10	to	10:40	am	Preschool	Starfish	02204 - 69
10:30	to	11:10	am	School Age	Goldfish	02205 - 60
10:30	to	11:10	am	School Age	Minnow	02207 - 60
10:30	to	11:10	am	Teen/Adult	Adult Stroke Technique - Front and Back Crawl	02273 - 60
10:45	to	11:15	am	Parent/Child	Seahorse	02228 - 61
10:45	to	11:15	am	Preschool	Sunfish	02201 - 61
10:45	to	11:15	am	Preschool	Pike	02200 - 63
10:45	to	11:25	am	Teen/Adult	Teen Beginner	02212 - 60
11:15	to	11:55	am	School Age	Guppy	02239 - 62
11:15	to	11:55	am	School Age	Fish	02208 - 61
11:15	to	11:55	am	School Age	Shark	02210 - 60
11:20	to	11:50	am	Preschool	Eel	02202 - 62
11:20	to	12:00	am	School Age	Trout	02235 - 61
11:20	to	12:00	am	School Age	Guppy	02239 - 63
12:00	to	12:40	pm	School Age	Fish	02208 - 62
12:00	to	12:40	pm	Specialty/Family	Swimming Crew	02514 - 60
12:00	to	12:40	pm	School Age	Guppy	02239 - 64

SUNDAY, BEGINS SEPT 19 • 7 week classes (once a week for 7 weeks)

5:00	to	5:30	pm	Parent/Child	Seahorse	02228 - 70
5:00	to	5:30	pm	Preschool	Pike	02200 - 70

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5:00	to	5:30	pm	Preschool	Eel	02202 - 70
5:00	to	5:30	pm	Preschool	Ray	02203 - 70
5:00	to	5:40	pm	School Age	Guppy	02239 - 70
5:00	to	5:40	pm	Teen/Adult	Teen Intermediate	02213 - 70
5:35	to	6:05	pm	Parent/Child	Sea Lion	02227 - 70
5:35	to	6:05	pm	Preschool	Pike	02200 - 71
5:35	to	6:05	pm	Preschool	Eel	02202 - 71
5:35	to	6:05	pm	Preschool	Starfish	02204 - 70
5:45	to	6:25	pm	School Age	Trout	02235 - 79
5:45	to	6:25	pm	School Age	Fish	02208 - 70
6:10	to	6:40	pm	Parent/Child	Sea Turtle	02226 - 70
6:10	to	6:40	pm	Preschool	Sunfish	02201 - 70
6:10	to	6:40	pm	Preschool	Pike	02200 - 72
6:10	to	6:40	pm	Preschool	Eel	02202 - 72
6:30	to	7:10	pm	School Age	Guppy	02239 - 71
6:30	to	7:10	pm	School Age	Minnnow	02207 - 79
6:45	to	7:15	pm	Preschool	Pike	02200 - 73
6:45	to	7:15	pm	Preschool	Eel	02202 - 73
6:45	to	7:15	pm	Preschool	Pike	02200 - 74
6:45	to	7:25	pm	School Age	Polliwog	02238 - 70

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SAFETY & CERTIFICATION

Class	Class Code	2 Digit ID	# of Classes	Fee	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
American Red Cross CPR/AED for the Professional Rescuer	02423 -	20	2	\$90		9/7 4-8pm	9/8 4-8pm				
American Red Cross Administering Emergency Oxygen	02429 -	40	1	\$30				9/9 4-6pm			
American Red Cross CPR/AED/Administering Oxygen Review	02427 -	40	1	\$70				9/16 4-9pm			
American Red Cross First Aid Basics	02432 -	30	1	\$50			9/22 4-8pm				
American Red Cross CPR/AED for the Professional Rescuer	02423 -	60	1	\$90						9/25 10am-6pm	
American Red Cross CPR/AED for the Professional Rescuer	02423 -	21	2	\$90		10/12 4-8pm	10/13 4-8pm				
American Red Cross Administering Emergency Oxygen	02429 -	41	1	\$30				10/14 4-6pm			
American Red Cross CPR/AED/Administering Oxygen Review	02427 -	41	1	\$70				10/21 4-9pm			
American Red Cross First Aid Basics	02432 -	31	1	\$50			10/27 4-8pm				

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