



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXPLORE THE BENEFITS OF WATER

## Swim Lessons LIGHTHOUSE/CITY YMCA



There is no better place to build confidence and learn water safety than at Lighthouse/City YMCA. We offer individual, buddy, and group swim lessons throughout the year. Our swim lessons develop the whole person— physically, mentally and spiritually.

Swimming is a life saving skill as well as great form of exercise for all ages. At the Y, we are focused on creating a positive experience while in a fun and caring atmosphere with a certified Y-Instructor.

### Groups Swim Lessons

- Convenient Saturday lessons available May -October
- Tuesday and Thursday lessons available June and July
- Adult lessons available (13 years and older)
- Water acclimation classes for children (6-36 mo.)
- Programs designed for all ages and levels
- **Financial assistance is available**

### Individual & Buddy Swim Lessons

- Scheduled at your convenience
- Program designed to meet individual needs
- Great for all levels and ages
- One participant to one Instructor or two participants to one Instructor options.

## REGISTER TODAY!

For more information or questions,  
contact Ryan Welsh at  
[RyanW@TucsonYMCA.org](mailto:RyanW@TucsonYMCA.org)

## GROUP LESSONS

This 4 or 8 - class session teaches children water safety and basic to advanced swimming skills that help reduce the risk of drowning and builds confidence in and around water. Group Swim Lessons are open to anyone in the community who wants their children to learn how to be safe in and around water.

### Month Saturday Sessions (4 Classes)

May	May 4th - May 25th
Jun.	June 8th - June 29th
Jul.	July 6th - July 27th
Aug.	Aug. 3rd - Aug 24th
Sept.	Sept. 7th - Sept. 28th
Oct.	Oct. 5th - Oct. 26th

<b>Saturday</b>	9:40am-10:10am (3-5 y/o)
<b>Times:</b>	10:20am-10:50am (6-12 y/o)
	11:00am-11:30am (Parent Child/Adult)
	11:40am-12:10pm (3-5 y/o)

### Month Tuesday & Thursday Sessions (8 Classes)

June	May 30th - June 27th (no class on 6/6 due to SwimFest)
July	July 9th - Aug. 1st
Aug.	Aug. 6th—Aug. 29th
<b>Tues.</b>	4:10pm-4:40pm (3-5 y/o)
<b>and</b>	4:50pm-5:20pm (6-12 y/o)
<b>Thurs.</b>	5:30pm-6:00pm (Parent Child/Adult)
<b>Times:</b>	

Number of Lessons	YMCA Members	Program Members
4—1/2 Hours (Saturdays)	\$25	\$50
8—1/2 Hours (Tuesday & Thursday)	\$40	\$80

## INDIVIDUAL & BUDDY LESSONS

Scheduled at your convenience, this program is designed to meet the specific needs of each individual. These 30-minute lessons provide one-on-one learning between a certified Y-Instructor and participant of any age or skill level. Individual lessons are for one participant and buddy lessons are for two participants.

### INDIVIDUAL SWIM LESSONS

Number of Lessons per Month	YMCA Members	Program Members
1—1/2 Hour	\$30	\$45
5—1/2 Hours	\$100	\$150
10—1/2 Hours	\$150	\$225

### BUDDY SWIM LESSONS

Number of Lessons per Month	YMCA Members	Program Members
1—1/2 Hour	\$40	\$60
5—1/2 Hours	\$150	\$220
10—1/2 Hours	\$210	\$300

THERE IS NO **BETTER** PLACE  
TO **LEARN** TO **SWIM**