



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOGGLE UP

Swim Lessons LOHSE FAMILY 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.

Group Swim Lessons

- Convenient Saturday lessons available May-October
- 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 or two participant options



Lohse Family YMCA

60 W. Alameda St. Tucson, AZ 85701 | 520-623-5200 | TucsonYMCA.org/lohse

GROUP LESSONS

This 4 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. Held the first four Saturdays of every month.

SATURDAY SWIM LESSONS (4 classes monthly):

	YMCA Members	Program Members
• 8:00 - 8:30 Swim Lesson 13+		
• 8:40 - 9:10 Swim Lesson 6 -12 year olds	\$25	\$50
• 9:20 - 9:50 Swim Lesson 3 - 5 year olds		
• 10:00 -10:30 Swim Lesson 6m - 2 year olds		

INDIVIDUAL & BUDDY LESSONS

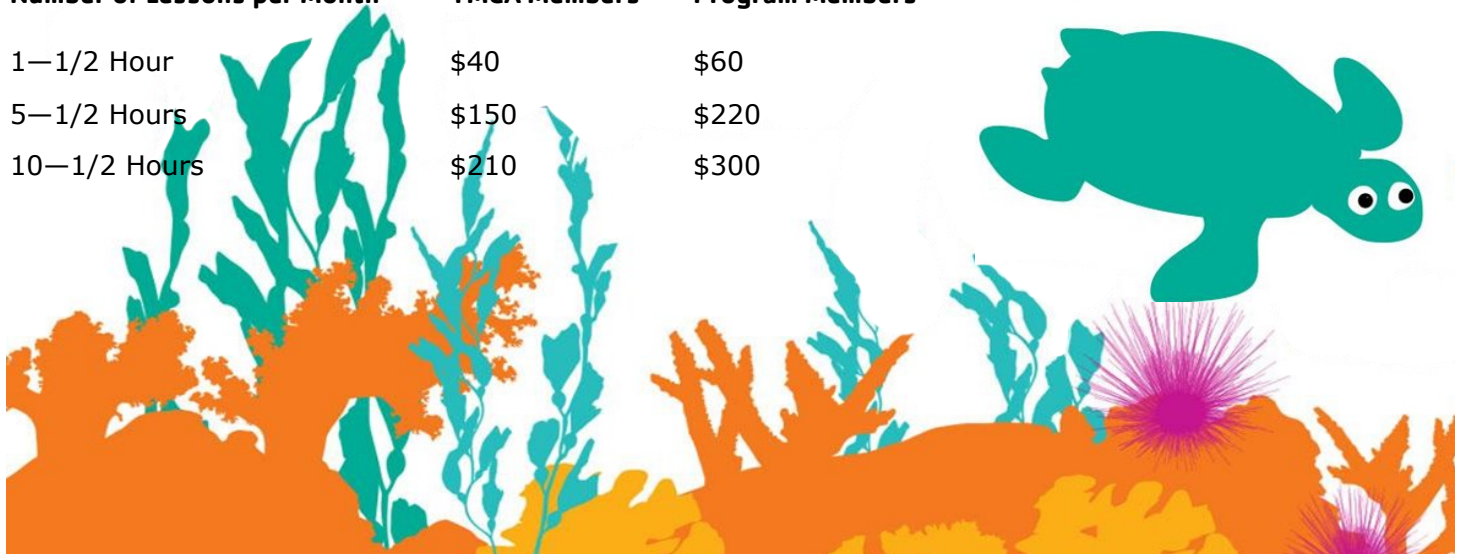
Scheduled at your convenience, this program is designed to meet the specific needs of each individual. These 30-minute lessons provide one-on-one learning between a certified Y-Instructor and participant of any age or skill level. Individual lessons are for one participant and buddy lessons are for two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



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