Early registration for Y Members!

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th># of wks</th>
<th>Y-Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Jan 3 to Feb 16</td>
<td>7 weeks</td>
<td>Dec 12</td>
<td>Dec 19</td>
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<tr>
<td>Session 2*</td>
<td>Feb 21 to Apr 13</td>
<td>7 weeks</td>
<td>Jan 30</td>
<td>Feb 6</td>
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<tr>
<td>Session 3</td>
<td>Apr 18 to Jun 1</td>
<td>7 weeks</td>
<td>Mar 27</td>
<td>Apr 3</td>
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<tr>
<td>Session 4a**</td>
<td>Jun 13 to Jul 11</td>
<td>4 weeks</td>
<td>May 22</td>
<td>May 29</td>
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<tr>
<td>Session 4b</td>
<td>Jul 13 to Aug 8</td>
<td>4 weeks</td>
<td>May 22</td>
<td>May 29</td>
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<tr>
<td>Session 5</td>
<td>Sep 5 to Oct 19</td>
<td>7 weeks</td>
<td>Aug 14</td>
<td>Aug 21</td>
</tr>
<tr>
<td>Session 6***</td>
<td>Oct 24 to Dec 14</td>
<td>7 weeks</td>
<td>Oct 2</td>
<td>Oct 9</td>
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Classes are offered Tuesdays & Thursdays in the morning, afternoon and evening.

Classes for infants, kids, teens and adults taught by staff who are WSI certified.

Fees:
7 week sessions include 14 classes
$70 Non-Members, $36 Y-Members

4 week sessions include 8 classes
$40 Non-Members, $20 Y-Members

Financial Assistance available:
50% scholarship with a school free lunch letter or food stamp letter

All 2nd graders get one free session! Research shows that if a child doesn’t learn to swim by 3rd grade, they likely never will.

Sessions 1, 2, 3, 5 & 6.

Better than saline,
Much better than chlorine,
Our pool is UV!

No more itchy skin and no more red eyes. The UV system simply disinfects all water when it passes by an ultraviolet light bulb.

Contact:
Holly Hawley, Aquatics Coordinator
Rebecca Sharrer, Lead Swim Instructor
522 W 6th Street, Medford, 97501
(541) 772-6295 x119
hhawley@rvymca.org

* No class on Mar 28 & 30 due to Spring Break
** No class on Jul 4 due to Independence Day
*** No class on Oct 31 due to Halloween and no class on Nov 23 due to Thanksgiving

Class descriptions on back ➔
YMCA SWIMMING LESSONS for all ages follow both YMCA standards and American Red Cross standards. Students are divided into classes based on age and ability. We do not give refunds or makeup days for missed classes. Lessons are 30 minutes twice a week on Tuesdays and Thursdays for 7 weeks during school and 4 weeks during summer.

PARENT–TOT (AGES 6 MONTHS–3 YRS)
Designed for children 6 months to 3 years of age, the program builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Adult must be in the water.

T/TH 9–11am, 5–7pm

PRESCHOOL–INTRO (AGES 3–5 YRS)
For children who have little or no experience with the water. Youth will be comfortably oriented to the water and taught basic pool safety. Skills taught include submerging face, blowing bubbles, bobbing underwater, assisted front and back floating, kicking on front and back, and assisted front & back gliding.

T/TH 9–10am, 4–7pm

PRESCHOOL–INTERMEDIATE (AGES 3–5 YRS)
Designed to be a class level in between Preschool–Intro and Preschool–Swimmer. Youth need to be comfortable in the water and swim at least 5 yards unassisted.

T/TH 9–10am, 4–7pm

PRESCHOOL–SWIMMER (AGES 3–5 YRS)
For swimmers who are able to perform all of the skills at Intro level. Swimmers will gain more independent skills and learn introduction to side breathing, front and back glides with flutter kick and breaststroke kick, front and back floats (30 seconds), jumping in and going to float positions, breast stroke for (10 feet), elementary back (10 feet), front crawl (25 yards), back stroke (25 yards) and tread water.

T/TH 9–10am, 4–7pm

SCHOOL AGE–INTRO (AGES 6 YRS+)
For youth who will become comfortable in the water and be taught basic pool safety. Skills taught include bubbles, submerging face, underwater exploration, introduction to side breathing, front and back floats, rolls to float position, front and back glides with flutter kick and breaststroke kick, jump in swim back to side, into to treading water, front crawl with face in pool with good technique, and back stroke.

T/TH 4–7pm

SCHOOL AGE–INTERMEDIATE (AGES 6 YRS+)
Designed to be a class level in between School Age–Intro and School Age–Swimmer. Youth need to be comfortable in the water and swim at least 5 yards unassisted.

T/TH 4–7pm

SCHOOL AGE–SWIMMER (AGES 6 YRS+)
For swimmers who are able to perform all of the skills at Intro level. Swimmers will refine stroke technique and endurance skills taught include tread water (1 minute), refine breast stroke and elementary back stroke (15 yards), introduction to butterfly kick.

T/TH 4–7pm

TEEN AND ADULT LESSONS
Classes tailored to the skill level of the individual. These lessons do not have children included.

SWIM CLUB (AGES 6 YRS+)
Swimmer must be able to swim front crawl (50 yards) with side breathing and proper arms, back stroke (50 yards) with proper arms and shoulder roll, breast stroke (25 yards) and butterfly kick (25 yards). Skills learned will include speed endurance, butterfly stroke, refining front crawl, backstroke and breaststroke, open turns and flip turns.

T/TH 4:30 pm, 5:15 pm

Fee: $84 or $42 for Y-Members for sessions 1,2,3,5,6
$48 or $24 for Y-Members for sessions 4A, 4B

HEALTH INFORMATION
Please keep your child at home if your child has: open wounds, green mucus or yellow discharge from the nose, had a fever or has had either vomited or diarrhea in the last 24 hours, headache, earache, sore throat, rash, listlessness, loss of appetite or has received shots or vaccines that day.

WHAT TO WEAR
Toddlers must wear swim diapers or training pants with rubber pants. Boys and girls should wear a swimsuit that fits. Goggles are recommended.