



# SWIM LESSONS

<b>2020 Dates</b>	<b># of Classes</b>	<b>Registration Dates</b>
Session 5 September 8 to 29	7 Classes	Registration opens August 24th
Session 6 October 6 to 27	7 Classes	Registration opens September 21st
Session 7 November 3 to 24	7 Classes	Registration opens October 19th
Session 8 December 1 to 22	7 Classes	Registration opens November 16th

**Classes are offered Tuesdays & Thursdays**  
in the afternoon/evening from 4:30 pm to 6:30 pm.  
Each class is 30 minutes in duration.

## Welcome back to YMCA swimming lessons!

We are excited to have swimmers back in the pool although we will be doing swim lessons a bit differently due to Covid-19. Each student will be accompanied by a parent or guardian in the water at ALL times during class (one adult per child). Instructors will be on deck to help facilitate each skill set and proper technique. There will only be a few students at each station. Everyone will work with their parent or guardian on specific skills matched to their own swimming ability. Please join this new "Safety Around Water" (S.A.W.) YMCA swim lesson program.



**Fees:**  
\$35 for 7 classes

**Our pool is UV!** It is better than saline and much better than chlorine. No more itchy skin or red eyes.

## Health Information

Please keep your child at home if you or your child has a fever, feels sick, or has a rash or open wounds.

## On-line registration

To see dates, times, and pay, just visit:  
<https://roguevalleymca.playerspace.com/>

## What to Wear

Toddlers must wear swim diaper or rubber pants. Everyone must wear a swimsuit that fits properly. Goggles are recommended.

## To learn more, contact:

Holly Hawley, Aquatics Director  
522 W 6<sup>th</sup> Street, Medford, 97501  
(541) 772-6295 x119  
[hhawley@rvymca.org](mailto:hhawley@rvymca.org)