



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCKLAND COUNTY YMCA GROUP SWIM LESSONS

Register for the Summer 2020 Session: August 3rd - August 28th

Registration opens July 30th for Members

Group Lesson Fee:

**Youth Members: 4 lessons-
\$100**

Family Members: 4 Lessons

All of our Group lessons are scheduled for 30 minutes. We will be doing small group lessons for our Stages 3-5 and need a minimum of 3 participants to run a class.

| Monday | Tuesday | Wednesday | Thursday |
|---------------------|---------------------------|---------------------------|---------------------------|
| 3:10 – 3:40 Stage 3 | 3:10 – 3:40 Stage 3 and 4 | 3:50 – 4:20 Stage 3 and 4 | 4:30 – 5:00 Stage 3 |
| | 3:50 – 4:20 Stage 3 and 4 | 5:10 – 5:40 Stage 5 | 5:10 – 5:40 Stage 4 and 5 |
| | 4:30 – 5:00 Stage 3 and 4 | | |



If you have any questions, please contact:

James Mullen, Aquatics Director: (845)643-305

Covid 19 Policies

- All people entering the Y must self certify the Y Covid Exposure survey.
- Anyone with a temperature over 100.0 will not be allowed into the Y.
- When in the public areas of the Y masks are required for the safety of all members and employees.
- Please follow markings and maintain proper social distancing while at the Y.