CPR FOR THE PROFESSIONAL

The ASHI BLS course, including Class, certification card and mask. Certification is valid for 2 years. Class is held 9AM-12PM on the dates listed.

YMCA of Central New York Members:   $50
Non-Members       $60

_____ March 14
_____ April 18
_____ May 9

PRIVATE SWIM LESSONS

A certified instructor will work one-on-one with each swimmer to teach everything from swim basics, to competitive training. Lessons are 30 minutes long. Registrants will be contacted within 5 business days to discuss a lesson structure to fit their needs.

_____ (1) 30-minute lesson
   $30 Members/Non Members $40

_____ (6) 30 minute lessons
   $150 Members/Non Members $200

_____ (12) 30-minute lessons
   $260 Members/Non Members $310

_____ (6) 30-minute lessons  **Family Lessons**
   $350 Members/Non Members $400

*Up to 4 family members may be included on a family lesson. All family members MUST be on the same family

ELECTRIC EELS SWIM TEAM – Ages 8–18

The Electric Eels welcome swimmers to join our team! Grow as a swimmer while learning what it means to be apart of a team, and push yourself as an athlete. Practices focus on stroke technique, speed, starts and turns and are run by USA Swimming certified coaches.

Session: January 6–March 27
Registration: Begins December 13

Developmental/Pre-Competitive: $144
Tuesdays: 430–530PM; Thursdays 530–630PM

Age Group: $216
Tuesdays 530–7PM, Thursday & Friday: 630–8PM

*10% discount to participants of a school swim team swimming with us during their off season!

Aquatic Leaders Club: Junior Lifesaver Course

The junior lifesaver course encourages leadership development in the area of aquatic safety with a goal to prepare and motivate participants to become lifeguards through a separate certification course. Participants MUST be able to swim at least 50 yards of front crawl.

_____ Tuesdays, 5–6PM
   Ages 13–15
   $35 Members (Price includes participant guide and T Shirt)
   Session: 3/3– 4/28 (No Class 4/7)

GROUP SWIM LESSONS – Ages 6 months & older

Spring 1 Session: March 1– April 18
On Deck Registration: February 10–February 15
Assessment Period: February 17– February 21
*Open Registration February 24–28

Spring 2 Session: May 3– June 13
On Deck Registration: April 13–April 18
Assessment Period: April 20–24
*Open Registration April 27–May 1

*Prior to registration, any new swimmer to the group lesson program must take a swim assessment. Any swimmer who skips more than 1 session must take a new swim assessment prior to being able to re-enter the program.

See member services to schedule an assessment. See Aquatics office for Swim lesson registration.

YMCA of CNY Family Members FREE
YMCA of CNY Youth Members $65.00
Participant Information

Name:_________________________________________ Middle Initial:________________________
Parent/Guardian:_________________________________________ DOB:________________________
Phone:_________________________________________ Email:_________________________________
Best way to contact you: (Please Circle) Phone Call Text Message Email
T-Shirt Size:____________________________________

If registering for Private Swim Lessons:
Do you have a preference on an instructor? Male:__________ Female:__________
Name:_________________________________________ RE-Registering? Yes____ No____

When are you available for lessons?
Mondays, Between 11AM and 1PM______ Tuesdays, Between 4 and 6PM______
Thursdays Between 4 and 630PM_______ Fridays Between 4 and 6PM__________
Saturdays Between 11AM and 1PM______ Sundays Between 10Am and 1PM______

What are your goals for the sessions?
______________________________________________________________________________________________________________________
______________________________________________________________________________________________________________________
______________________________________________________________________________________________________________________
______________________________________________________________________________________________________________________

For More Information:
Rachelle Randall, Aquatics Coordinator
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315-451-2562 EXT 238