



Swim Academy Lessons Schedule

2009 SESSION 6 • November 2 - December 20

CHAIN OF LAKES YMCA • 651-795-9622 PHONE • 651-784-7135 FAX

BUILDING HOURS

Monday-Friday: 5:00 a.m. - 10:00 p.m.
 Saturday: 7:00 a.m. - 8:00 p.m.
 Sunday: 9:00 a.m. - 8:00 p.m.

KIDS STUFF HOURS

Monday-Friday: 8:00 a.m. - 8:00 p.m.
 Saturday: 9:00 a.m. - 3:00 p.m.
 Sunday: Noon - 8:00 p.m.

SWIM FEES

Adult, Metro Family

and Dual Members
 • Swim Lesson: \$25
 • Specialty: \$30

St. Paul Family
 • Swim Lesson: \$45
 • Specialty: \$50

Non-Members
 • Swim Lesson: \$85
 • Specialty: \$90

Register at

www.ymcatwincities.org

AFYAP, FIT and MS
 • Members: Free
 • Non-Members: \$4

PRIVATE/SEMI-PRIVATE LESSON FEES

Private Members

• 1 lesson: \$32
 • 3 lessons: \$85
 • 7 lessons: \$180

Private Non-Members

• 1 lesson: \$55
 • 3 lessons: \$150
 • 7 lessons: \$325

Semi-Private Member

• 1 lesson: \$38
 • 3 lessons: \$110
 • 7 lessons: \$230

Semi-Private Non-Members

• 1 lesson: \$70
 • 3 lessons: \$200
 • 7 lessons: \$400

Level Assessments:

Time:		Date					
4:00	to 4:20 pm	Sunday	October	4	02700	70	
4:30	to 4:50 pm	Tuesday	October	6	02700	20	
4:30	to 4:50 pm	Thursday	October	8	02700	40	
12:15	to 12:35 pm	Saturday	October	10	02700	60	
4:00	to 4:20 pm	Sunday	December	6	02700	71	
4:30	to 4:50 pm	Tuesday	December	8	02700	21	
4:30	to 4:50 pm	Thursday	December	10	02700	41	
12:15	to 12:35 pm	Saturday	December	12	02700	61	

MONDAY, BEGINS NOVEMBER 2 • 7 week classes (once a week for 7 weeks)

10:00	to 10:30 am	Preschool	Pike 1	02201 - 10
10:00	to 10:30 am	Preschool	Pike 2	02231 - 10
10:40	to 11:10 am	Preschool	Pike 1	02201 - 11
10:40	to 11:10 am	Preschool	Pike 2	02231 - 11
10:40	to 11:10 am	Preschool	Eel	02202 - 10
11:20	to 11:50 am	Preschool	Pike 2	02231 - 12
11:20	to 11:50 am	Preschool	Eel	02202 - 11
11:20	to 11:50 am	Preschool	Ray	02203 - 10
4:00	to 4:30 pm	Preschool	Pike 1	02201 - 12
4:00	to 4:30 pm	Preschool	Pike 2	02231 - 13
4:00	to 4:40 pm	School Age	Polliwog 2	02235 - 10
4:00	to 4:40 pm	School Age	Guppy 2	02236 - 10
4:45	to 5:15 pm	Preschool	Pike 2	02231 - 14

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4:45	to	5:15	pm	Preschool	Eel	02202 - 12
4:45	to	5:25	pm	School Age	Minnow	02207 - 10
4:45	to	5:25	pm	Teen/Adult	Teen Intermediate	02213 - 10
5:30	to	6:00	pm	Parent/Child	Seahorse	02228 - 10
5:30	to	6:00	pm	Preschool	Starfish	02204 - 10
5:30	to	6:10	pm	School Age	Fish	02208 - 10
5:30	to	6:00	pm	Specialty/Family	Swimming Crew Jr.	02515 - 10
5:30	to	6:10	pm	Specialty/Family	Swimming Crew	02514 - 10
6:15	to	6:45	pm	Preschool	Eel	02202 - 13
6:15	to	6:45	pm	Preschool	Ray	02203 - 11
6:15	to	6:55	pm	School Age	Flying Fish	02209 - 10
6:15	to	6:55	pm	School Age	Shark	02210 - 10
6:15	to	6:55	pm	Teen/Adult	Adult Basic Water Adjustment	02271 - 10

TUESDAY, BEGINS NOVEMBER 3 • 7 week classes (once a week for 7 weeks)

12:00	to	12:30	pm	Parent/Child	Seahorse	02228 - 20
12:00	to	12:30	pm	Preschool	Pike 1	02201 - 20
12:00	to	12:30	pm	Preschool	Pike 2	02231 - 20
12:40	to	1:10	pm	Preschool	Pike 1	02201 - 21
12:40	to	1:10	pm	Preschool	Pike 2	02231 - 21
12:40	to	1:10	pm	Preschool	Eel	02202 - 20
1:20	to	1:50	pm	Preschool	Eel	02202 - 21
1:20	to	1:50	pm	Preschool	Ray	02203 - 20
1:20	to	1:50	pm	Preschool	Starfish	02204 - 20
5:00	to	5:30	pm	Parent/Child	Sea Turtle	02226 - 20
5:00	to	5:30	pm	Preschool	Pike 1	02201 - 22
5:00	to	5:30	pm	Preschool	Pike 2	02231 - 22
5:00	to	5:40	pm	School Age	Polliwog 2	02235 - 20
5:00	to	5:40	pm	School Age	Guppy 2	02236 - 20
5:45	to	6:15	pm	Preschool	Pike 2	02231 - 23
5:45	to	6:15	pm	Preschool	Eel	02202 - 22
5:45	to	6:25	pm	School Age	Polliwog 1	02205 - 20
5:45	to	6:25	pm	School Age	Guppy 2	02236 - 21
5:45	to	6:25	pm	School Age	Fish	02208 - 20
6:30	to	7:00	pm	Parent/Child	Seahorse	02228 - 21
6:30	to	7:00	pm	Preschool	Eel	02202 - 23
6:30	to	7:10	pm	School Age	Polliwog 2	02235 - 21
6:30	to	7:10	pm	School Age	Guppy 1	02206 - 20
6:30	to	7:10	pm	School Age	Minnow	02207 - 20
7:15	to	7:45	pm	Preschool	Pike 1	02201 - 23
7:15	to	7:45	pm	Preschool	Pike 2	02231 - 24
7:15	to	7:45	pm	Preschool	Eel	02202 - 24
7:15	to	7:45	pm	Preschool	Ray	02203 - 21
7:15	to	7:45	pm	Preschool	Starfish	02204 - 21

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WEDNESDAY, BEGINS NOVEMBER 4 • 7 week classes (once a week for 7 weeks)

12:20	to	1:00	pm	School Age	Fish	02208 - 30
12:20	to	1:00	pm	School Age	Flying Fish	02209 - 30
12:20	to	1:00	pm	School Age	Shark	02210 - 30
12:20	to	1:00	pm	Specialty/Family	Swimming Crew	02514 - 30
1:10	to	1:50	pm	School Age	Polliwog 2	02235 - 30
1:10	to	1:50	pm	School Age	Guppy 1	02206 - 30
1:10	to	1:50	pm	School Age	Guppy 2	02236 - 30
2:00	to	2:40	pm	School Age	Guppy 2	02236 - 31
2:00	to	2:40	pm	School Age	Minnow	02207 - 30
2:00	to	2:40	pm	School Age	Fish	02208 - 31
4:00	to	4:30	pm	Preschool	Pike 2	02231 - 30
4:00	to	4:30	pm	Preschool	Eel	02202 - 30
4:00	to	4:40	pm	School Age	Polliwog 2	02235 - 31
4:00	to	4:40	pm	School Age	Guppy 2	02236 - 32
4:45	to	5:15	pm	Preschool	Pike 1	02201 - 30
4:45	to	5:15	pm	Preschool	Starfish	02204 - 30
4:45	to	5:25	pm	School Age	Guppy 1	02206 - 31
4:45	to	5:25	pm	School Age	Fish	02208 - 32
5:30	to	6:00	pm	Preschool	Pike 2	02231 - 31
5:30	to	6:00	pm	Preschool	Ray	02203 - 30
5:30	to	6:10	pm	School Age	Polliwog 2	02235 - 32
5:30	to	6:10	pm	School Age	Guppy 2	02236 - 33
6:15	to	6:45	pm	Preschool	Pike 1	02201 - 31
6:15	to	6:45	pm	Preschool	Pike 2	02231 - 32
6:15	to	6:45	pm	Preschool	Eel	02202 - 31
6:15	to	6:55	pm	School Age	Minnow	02207 - 31

THURSDAY, BEGINS NOVEMBER 5 • 7 week classes (once a week for 7 weeks)

***No Class on Thanksgiving. Fee will be prorated.**

5:00	to	5:30	pm	Parent/Child	Seahorse	02228 - 40
5:00	to	5:30	pm	Preschool	Eel	02202 - 40
5:00	to	5:40	pm	School Age	Guppy 1	02206 - 40
5:00	to	5:40	pm	School Age	Guppy 2	02236 - 40
5:00	to	5:40	pm	School Age	Minnow	02207 - 40
5:45	to	6:15	pm	Parent/Child	Sea Lion	02227 - 40
5:45	to	6:15	pm	Preschool	Pike 2	02231 - 40
5:45	to	6:15	pm	Preschool	Ray	02203 - 40
5:45	to	6:25	pm	School Age	Polliwog 2	02235 - 40
5:45	to	6:25	pm	School Age	Flying Fish	02209 - 40
5:45	to	6:25	pm	School Age	Shark	02210 - 40
6:30	to	7:00	pm	Preschool	Pike 1	02201 - 40
6:30	to	7:00	pm	Preschool	Pike 2	02231 - 41
6:30	to	7:10	pm	School Age	Polliwog 1	02205 - 40
6:30	to	7:10	pm	School Age	Guppy 1	02206 - 41

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6:30	to	7:10	pm	School Age	Fish	02208 - 40
7:15	to	7:45	pm	Preschool	Pike 2	02231 - 42
7:15	to	7:45	pm	Preschool	Eel	02202 - 41
7:15	to	7:55	pm	School Age	Polliwog 2	02235 - 41
7:15	to	7:55	pm	School Age	Guppy 2	02236 - 41
7:15	to	7:55	pm	Teen/Adult	Adult Stroke Technique - Breast, Side and Elementary Backstroke	02276 - 40

SATURDAY, BEGINS NOVEMBER 7 • 7 week classes (once a week for 7 weeks)

9:30	to	10:00	am	Preschool	Pike 1	02201 - 60
9:30	to	10:00	am	Preschool	Eel	02202 - 60
9:30	to	10:10	am	School Age	Polliwog 2	02235 - 60
9:30	to	10:10	am	School Age	Guppy 2	02236 - 60
10:15	to	10:45	am	Parent/Child	Sea Lion	02227 - 60
10:15	to	10:45	am	Preschool	Pike 2	02231 - 60
10:15	to	10:55	am	School Age	Guppy 1	02206 - 60
10:15	to	10:55	am	School Age	Fish	02208 - 60
11:00	to	11:30	am	Preschool	Pike 2	02231 - 61
11:00	to	11:30	am	Preschool	Ray	02203 - 60
11:00	to	11:40	am	School Age	Guppy 2	02236 - 61
11:00	to	11:40	am	School Age	Minnow	02207 - 60
11:45	to	12:15	pm	Preschool	Pike 2	02231 - 62
11:45	to	12:15	pm	Preschool	Eel	02202 - 61
11:45	to	12:15	pm	Preschool	Starfish	02204 - 60
11:45	to	12:25	pm	School Age	Guppy 1	02206 - 61

SUNDAY, BEGINS NOVEMBER 8 • 7 week classes (once a week for 7 weeks)

4:30	to	5:00	pm	Preschool	Pike 1	02201 - 70
4:30	to	5:00	pm	Preschool	Pike 2	02231 - 70
4:30	to	5:10	pm	School Age	Polliwog 1	02205 - 70
4:30	to	5:10	pm	School Age	Guppy 2	02236 - 70
4:30	to	5:10	pm	School Age	Minnow	02207 - 70
5:15	to	5:45	pm	Parent/Child	Seahorse	02228 - 70
5:15	to	5:45	pm	Preschool	Pike 1	02201 - 71
5:15	to	5:45	pm	Preschool	Eel	02202 - 70
5:15	to	5:55	pm	School Age	Polliwog 2	02235 - 70
5:15	to	5:55	pm	School Age	Guppy 1	02206 - 70
6:00	to	6:30	pm	Parent/Child	Seahorse	02228 - 71
6:00	to	6:30	pm	Preschool	Pike 2	02231 - 71
6:00	to	6:30	pm	Preschool	Eel	02202 - 71
6:00	to	6:40	pm	School Age	Minnow	02207 - 71
6:00	to	6:40	pm	School Age	Fish	02208 - 70
6:45	to	7:15	pm	Preschool	Pike 2	02231 - 72
6:45	to	7:15	pm	Preschool	Ray	02203 - 70
6:45	to	7:25	pm	School Age	Guppy 2	02236 - 71
6:45	to	7:25	pm	School Age	Fish	02208 - 71
6:45	to	7:25	pm	School Age	Flying Fish	02209 - 70
6:45	to	7:25	pm	School Age	Shark	02210 - 70

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