



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM WITH CONFIDENCE

BRIDGEWATER YMCA SWIM LESSONS

Swimming is a vital life skill. Understanding water safety and how to swim minimizes the risk of drowning while building self-reliance. The Y's skilled and patient swim instructors offer lessons for all ages and abilities. Bridgewater YMCA, a branch of Somerset County YMCA, is pleased to offer its swim lessons at special pricing for **Bridgewater and Raritan residents** who are not Bridgewater YMCA members, thanks to a partnership with the Bridgewater Recreation Department.

Program Registration

Registration begins **Monday, June 20 at 10:00 am** and will continue until the second week of the program session or until classes are filled. Space is limited, so registration is on a first-come, first-served basis. For class schedules and special pricing, please view the attached program schedule.

To receive special pricing, Bridgewater and Raritan residents must register **in person** at Bridgewater YMCA, located at 601 Garretson Road. Please bring one completed registration form per person, proof of residency (i.e. driver's license), and arrive 15 minutes prior to closure so that our member services staff may assist you.

Bridgewater YMCA summer hours of operation are as follows:

M-Th 5:00 am – 10:00 pm
F 5:00 am – 9:00 pm
Sat 6:30 am – 5:00 pm
Sun 9:00 am – 4:00 pm

Parent Observation of Classes

Parents are encouraged to observe their child's class from the pool deck for the first and last days of the session, and are then invited to observe from the balcony. This will help your child focus on their instructor and not become distracted during their lesson.

Swim Evaluations

If you are unsure of your child's swim level, please call our Aquatics Director at 908 526 0688 x511 to schedule a complimentary swim evaluation, held M-Th at 5:30 pm.

Class Cancellations and Changes

Class changes may be made until the beginning of the second week of class, if space allows and at the discretion of the Aquatics Director. For additional details, please review our Policies online at <http://www.somersetcountyyymca.org/membership/policies-procedures>.

Contact Information

For more information on the Y's swim lessons, please call Bridgewater YMCA at 908 526 0688 or visit our website at www.somersetcountyyymca.org.

Bridgewater Recreation Department, located at 100 Commons Way, can be reached at 908 725 6373 or online at www.bridgewaternj.gov.

BRIDGEWATER YMCA

A branch of Somerset County YMCA

601 Garretson Road, Bridgewater, NJ 08807
(P) 908 526 0688

www.somersetcountyyymca.org



Facebook.com/SomersetValleyYMCA



Twitter.com/somersetvalley

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at www.somersetcountyyymca.org.



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BRIDGEWATER YMCA SWIM LESSONS Registration Form for Bridgewater and Raritan Residents

To receive special pricing, Bridgewater and Raritan residents must register **in person** at Bridgewater YMCA, located at 601 Garretson Road.

- Bring one completed registration form per person
- Bring proof of residency (i.e. driver's license)
- Arrive 15 minutes prior to closure so that our member services staff may assist you

Child's Full Name: _____ D.O.B.: ____/____/____ Age: _____

Address: _____ Male Female

Parent's Full Name: _____ D.O.B.: ____/____/____

Parent's E-mail: _____ Home Phone Number: _____

Cell Phone Number: _____ Work Phone Number: _____

Swim Class Name: _____ Session: _____

Day(s) of Week: _____ Start Time: _____

Accommodations: Please check this box if participant has individualized needs due to a disability. If checked, Y staff will contact you regarding reasonable accommodations.

With any physical activity, injuries may occur. Somerset County YMCA and Bridgewater Recreation Department do not provide individual medical insurance coverage for program participants. Each participant will be covered under his/her family's medical policy. It is recommended that participants have insurance before participation. Somerset County YMCA reserves the right to cancel, alter, supplement, limit registration or change any other information without prior notice when necessary.

Signature: _____ Date: ____/____/____
Participant or Parent/Guardian if under 18 years of age

Contact Information

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Payment is due at time of registration. Please make checks payable to "Somerset County YMCA."

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Bridgewater YMCA Swim



Not sure what level your child is? Contact **Valerie Deraville**, Aquatics Director at **908 526 0688 x511** for a complimentary swim evaluation.

2-WEEK SESSION

8 Classes

Session A: June 27-July 7
(no class 7/4)

Session B: July 11-July 21

Session C: July 25-Aug 4

Session D: Aug 8-Aug 18

Session E: Aug 22-Sept 1

10-WEEK SESSION

10 Classes

June 26- Sept 3

CLASS	AGE	DURATION	DAY/TIME	BRIDGEWATER AND RARITAN RESIDENTS	DAY/TIME	BRIDGEWATER AND RARITAN RESIDENTS
Pike Introductory swim lesson. No knowledge or experience required.	3-5	30 min	M-Th 6:30pm	Session A \$114* Sessions B, C, D & E \$131	Sa 10:00am	\$163
Pickereel Intermediate beginner, should be able to swim unassisted while wearing a bubble. Swimmers should be able to maintain a horizontal position while kicking feet.	3-5	30 min	M-Th 5:00pm 6:30pm	Session A \$114* Sessions B, C, D & E \$131	Sa 10:30am	\$163
Eel Intermediate beginner, should be able to swim 6 - 10 feet unassisted in horizontal position.	3-5	30 min			Sa 11:00am	\$163
Electric Eel Advanced beginner, should be able to swim 50 feet unassisted in a horizontal position on front and back.	3-5	30 min	M-Th 6:00pm	Session A \$114* Sessions B, C, D & E \$131	Sa 10:00am	\$163
Ray Intermediate, the child must be able to swim 25 yards unassisted in a horizontal position on front and back while kicking feet.	3-5	30 min	M-Th 5:30pm	Session A \$114* Sessions B, C, D & E \$131	Sa 10:30am	\$163
Starfish Intermediate/Advanced, must be able to swim 20 - 25 yards of rudimentary freestyle with rotary breathing and backstroke.	3-5	30 min			Sa 11:00am	\$163
Betta Fish Advanced, must be able to swim 50 yards each of freestyle and backstroke with minor correction and should have basic knowledge of breaststroke.	5-7	45 min			Sa 11:30am	\$191
Polliwog Introductory swim lesson with no knowledge or experience required.	6-10	30 min	M-Th 5:00pm	Session A \$114* Sessions B, C, D & E \$131	Sa 10:00am	\$163
Tadpole Should be able to swim 50 feet unassisted in a horizontal position on front and back.	6-10	30 min	M-Th 5:00pm	Session A \$114* Sessions B, C, D & E \$131	Sa 10:30am	\$163

*Prices for classes are prorated per holiday schedules.

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Guppy Must be able to swim 20 - 25 yards of rudimentary freestyle with rotary breathing and backstroke.	6-10	30 min	M-Th 5:30pm	Session A \$114* Sessions B, C, D & E \$131	Sa 11:00am	\$163
Minnow Must be able to swim 50 yards each of freestyle and backstroke with minor correction and should have basic knowledge of breaststroke.	6-10	45 min	M-Th 6:00pm	Session A \$134* Sessions B, C, D & E \$153	Sa 11:30am	\$191
Fish Must be able to swim 100 yards of backstroke and freestyle with rotary breathing both with little stroke correction. Swimmers should have intermediate knowledge of breaststroke.	6-10	45 min	M-Th 6:45pm	Session A \$134* Sessions B, C, D & E \$153	Sa 12:15pm	\$191
Flying Fish Must be able to swim 150 yards of backstroke, breaststroke and freestyle with rotary breathing and with little stroke correction.	6-10	45 min			Sa 1:00pm	\$191
Shark Must be able to swim all 4 competitive strokes and a 200 individual medley with minimal correction.	6-10	45 min	M-Th 5:30pm	Session A \$134* Sessions B, C, D & E \$153	Sa 12:15pm 1:00pm	\$191
Stroke Mechanics Improve techniques in strokes and turns. Approval by prior instructor or aquatics director required.	6-10	60 min			Sa 1:00pm	\$225

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10-WEEK SESSION
10 Classes

June 26- Sept 3

CLASS	AGE	DURATION	DAY/TIME	BRIDGEWATER AND RARITAN RESIDENTS
Teen/Adult Beginner For the beginner swimmer who may not be able to float independently, finds blowing bubbles a challenge and is fearful in deep water.	14+	45 min	Sa 11:30am	\$191
Teen/Adult Intermediate Swimmers will learn to develop skills to make freestyle a more restful and relaxing stroke. Drills to work on rotary breathing, flutter kick, elementary backstroke, and backstroke are incorporated.	14+	45 min	Sa 12:15pm	\$191
Learn to Dive: Beginner Participants learn the proper technique to dive from a springboard. No experience necessary. Divers must be able to swim 25 meters, tread water for 2 minutes and be comfortable entering the water head first. ** Younger divers may be accommodated upon evaluation.	7+**	30 min	Su 9:15am	\$294
Learn to Dive: Intermediate/Advanced Moving beyond the basics, divers increase their springboard skills. All participants must have instructor's approval to register. Please contact the Welcome Center to schedule an evaluation.	7+	60 min	Su 9:45am	\$409