



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER SWIM

## WATER SAFETY KNOWS NO SEASON

### Year Round Swim Programs THE WOODLANDS FAMILY YMCA

#### Swim Lessons: Ages 6 months to adult

The Y offers a wide range of swimming options for the whole family. Swimming builds self-confidence and develops the whole person. Classes are divided into ability groups and trained instructors emphasize personal safety, swimming skills, endurance and social skills while guiding with praise and encouragement.

#### Private & Semi-Private Swim Lessons: Ages 3 to adult

Private lessons are ideal for those who need one-on-one instruction or more personalized attention. Lessons are 30 minutes and scheduled at the availability of instructors. To register for private swimming lessons, please call the Y or stop by the Aquatics Welcome Center.

#### Dolphins Swim Team: Ages 6-21

Get your child involved in a competitive swimming program that promotes a healthy lifestyle while improving technique and endurance. New participants can join at any time, but must take a swim evaluation. Visit the Welcome Center for more information.

#### Masters Swim Classes: Ages 16-Adult

Masters swimming is a great workout for swimmers who want to incorporate swimming into their regular exercise routine or who are training for a competition.

For more information contact  
Cristina Lucero, Aquatics  
Director, at (281) 367-9622  
[cristna.lucero@ymcahouston.org](mailto:cristna.lucero@ymcahouston.org)

#### THE WOODLANDS FAMILY YMCA

281-367-9622 • [ymcahouston.org/smc-shadowbend](http://ymcahouston.org/smc-shadowbend)



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Text YMCAHouston to 41411

Updated: 11-02-2018



# AQUATIC CLASS INFORMATION

## Infant-School Age Swim Lessons Held at the Shadowbend location

Monday / Wednesday	Tuesday & Thursday	Saturday
Jan 7– Jan 30	Jan 8– Jan 31	Jan 5– Jan 26
Feb 4– Feb 27	Feb 5– Feb 28	Feb 2– Feb 23

**Monday/Wednesday Session:**  
Facility Member \$75, Program Member \$130

**\*Saturday Session:**  
Facility Member \$40, Program Member \$60

## Infant/Toddler: Ages 6-36 months, 30 minute lesson

M/W & T/TH	SATURDAY
10:15 am 6:16 pm	10:00 am

## Preschool : Ages 3-5 years, 30 minute lesson

M/W & T/TH	SATURDAY
8:45 am 4:30 pm 9:30 am 5:15 pm 10:15 am 6:00 pm 11:00 am	9:15 am 10:00 am 10:45 am 11:30 am

## School Age: Ages 5-12 years, 35 minute lesson

M/W & T/TH	SATURDAY
4:30 pm 5:15 pm 6:00 pm	9:15 am 10:00 am 10:45 am 11:30 am

## Teen/Adult Swim Lessons Held at the Shadowbend location

**Monday/Wednesday Session:**  
Facility Member \$75, Program Member \$130

**\*Saturday Session:**  
Facility Member \$40, Program Member \$60

## 13 years-Adult, 30 minute lesson

M/W & T/TH	SATURDAY
6:00 pm 6:45 pm	12:15 pm

## THE WOODLANDS FAMILY YMCA

AT BRANCH CROSSING: 8100 Ashlane Way, The Woodlands  
AT SHADOWBEND: 6145 Shadowbend Place, The Woodlands

281-367-9622 • ymcahouston.org/smc-shadowbend

## PRIVATE SWIM LESSONS 3 years-Adult

Register at the Shadowbend Pool Welcome Center.

Private Lessons	2 Classes	4 Classes
Facility Member	\$75	\$125
Program Member	\$115	\$205

Semi Private Lessons (2 people)		
Facility Member	\$115	\$185
Program Member	\$175	\$305

## MASTERS SWIM CLASSES 16 years-Adult

Shadowbend Pool  
Monday-Friday: 5:30 am and/or 11 am  
Session begins the first of each month.  
**Facility Member: Free**  
Program Member: \$35 per month

## DOLPHINS SWIM TEAM 6-21 years

Year round program, Monday-Friday  
Facility Member: \$85 per month  
Program Member: \$110 per month  
Choose up to 4 practices a week.  
Visit the Shadowbend Pool Welcome Center Desk for more information.

## PRE-SWIM TEAM Minimum 6 years

Saturdays at Shadowbend  
9 am -10 am  
Facility Member \$75 per session  
Program Member \$130 per session  
Facility Member: \$85 per month  
Program Member: \$110 per month  
Choose up to 4 practices a week.

## YMCA LIFEGUARD COURSE

Our Certification course give participants the skills and knowledge needed to be lifeguards in the pool. The course teaches participants how to guard, anticipate and prevent problems and take action to help those in danger.

**Ages 16-Adult** Location: Shadowbend  
Cost per session: facility/Program Member \$175

Class days and times vary, please see schedule.

For more information, please email Cristina Lucero at [Cristina.Lucero@ymcahouston.org](mailto:Cristina.Lucero@ymcahouston.org)

