



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS, CONFIDENT KIDS

## YMCA Swim Lessons

Choose from a wide range of swimming options for the whole family. Swimming builds self-confidence and develops the whole person – spirit, mind and body.

### GROUP SWIM LESSONS:

Classes are divided into ability groups and trained instructors emphasize personal safety, swimming skills, endurance and social skills while guiding with praise and encouragement.

Ages: 6 months - adult

Class options:

- Weekdays - Meet twice per week for 4 weeks (Mon & Wed)
- Weekends - Meet every Saturday for 4 weeks

Facility Members: Weekdays - \$80  
Weekends - \$45

Program Members: Weekdays - \$130  
Weekends - \$70

### STROKE BOOSTER:

This program is geared toward advanced swimmers and focuses on refining the four competitive swim strokes.

Ages: 5 —15 years

Class options:

- Meet twice per week for 4 weeks (Tues & Thurs)

Facility Members: \$80

Program Members: \$130



**TELLEPSEN FAMILY DOWNTOWN YMCA**  
808 Pease St.  
Houston, TX 77002  
713-659-8501  
[ymcahouston.org/tellepsen-family](http://ymcahouston.org/tellepsen-family)



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

### MONDAY / WEDNESDAY LESSONS

Meet twice per week for 4 weeks

Facility Members \$80, Program Members \$130

January Session: January 7 – 30

February Session: February 4 - 27

March Session: March 4 - April 3 (No Lessons March 11 - 15 due to Spring Break)

April Session: April 8—May 1

Level	Times Offered
Preschool (Ages 3-5 years)	5 pm, 5:45pm or 6:30 pm
School Age (Ages 5-12 years)	5 pm, 5:45pm or 6:30 pm
School Age Advanced (Ages 5-12 years)	7:15 pm
Must be able to swim one lap, non-stop, without assistance	
Adult (Ages 13 & Up)	7:15 pm

### TUESDAY/THURSDAY STROKE BOOSTER

Meet twice per week for 4 weeks

Facility Members \$55, Program Members \$90

January Session: January 8 – 31

February Session: February 5 - 28

March Session: March 5 - 28 (No Lessons March 11 - 15 due to Spring Break)

April Session: April 2 - 25

Level	Times Offered
Stroke Booster	6:00 – 6:55pm

### SATURDAY LESSONS

Meet every Saturday for 4 weeks

Facility Members \$45, Program Members \$70

January Session: January 12 – February 2

February Session: February 9 - March 2

Mar/April Session: March 23 - April 13

April/May Session: April 27 - May 19

Level	Times Offered
Infant/Toddler (Ages 6 months-36 months)	8:30 am, 9:15 am
Preschool (Ages 3-5 years)	10 am or 10:45 am
School Age (Ages 6-12 years)	11:30 am
School Age Advanced (Ages 6-12 years)	11:30 am
Must be able to swim one lap, non-stop, and without assistance	
Adult (Ages 13 & Up)	12:15 pm

#### **Registration policy**

To ensure the safety of all participants, we keep all swim classes to a strict ratio. To secure a spot in our lessons please register as soon as possible. Registration closes the day before the start of the session.

#### **Refund and make up policy**

All participants are guaranteed 6 out of 8 lessons. Classes cancelled by YMCA staff will be made up; no individual make-up classes will be held. A "safety day" may be used in place of a cancelled class session which will cover safety components.