



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER SWIM LESSONS

Lessons begin July 1 through August 18

Registration for the session will open on May 27 for members and June 3 for non-members. Ask about our private swim lessons and our private family swim lessons!

Level	Age	Day and Time
Water Acclimation 1	Preschool	Monday 5:00—5:30PM Wednesday 6:05—6:35PM
	Youth	Thursday 5:30—6:10PM
Water Movement 2	Preschool	Monday 5:35—6:05PM Wednesday 5:35—6:05PM Friday 6:05—6:35PM
	Youth	Thursday 6:15—6:55PM
Water Stamina 3	Preschool	Thursday 5:00—5:30PM
	Youth	Monday 6:10—6:50PM
Stroke Development 4	Preschool	Friday 4:45—5:15PM
	Youth	Friday 5:20—6:00PM
Water Discovery A	Preschool	Saturday 10:30—11:00AM
Water Acclimation 1	Preschool	Saturday 10:20—10:50AM or Saturday 11:05—11:35AM
	Youth	Saturday 9:45—10:25AM
Water Movement 2	Preschool	Saturday 9:00—9:30AM or Saturday 11:05—11:35AM
	Youth	Saturday 9:00—9:40AM
Water Stamina 3	Preschool	Saturday 11:05—11:35AM
	Youth	Saturday 9:35—10:15AM
Adult Beginner & Intermediate	Adult	Tuesday 7:00—7:45PM
		Wednesday 6:15—7:00PM

Your School District has been asked to distribute this flyer in an effort to make the community aware of this event.  
The District is not promoting or sponsoring this activity.

To register visit  
[www.CDYMCA.org](http://www.CDYMCA.org) or  
email  
[JTillapaugh@cdymca.org](mailto:JTillapaugh@cdymca.org)



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# SPRING/ SUMMER AT THE YMCA

For more details on programs contact the Duaneburg YMCA at 895-9500 or check us out at <https://cdymca.org/locations/duaneburg-ymca/>

Activity	Age	Day and Time
CPR/ AED/ First Aid	Teen / Adult	5/28 or 6/1 or 6/29, or 7/16 or 7/18 or 8/13
Lifeguarding Full Course	Teen / Adult	5/20—24, or 6/1—15, or 7/15—19, or 8/5—9
Lifeguarding Recert	Teen/ Adult	5/25, or 5/30, or 6/4, or 6/15, or 7/13, or 8/15
BOGA	Youth/ Teen/ Adult	Wednesday 7/3—8/21 9:00—10:00 am
Triathlon	Youth/ Teen/ Adult	Saturday, July 20th 9:00am—11:00am
Adult Beginner & Intermediate	Adult	Tuesday 7:00—7:45PM Wednesday 6:15—7:00PM
Swim Team	Youth/ Teen	Times Vary Contact Jenn Dixon 518-895-9500
Adult Fitness Swimming	18 and over	Monday & Wednesday 6/3—6/26 or 7/8—7/31 7:00— 8:00pm

Activity	Age	Day and Time
Youth Volleyball	Youth	Thursday, 7/11—8/22 5:00—6:00p,
Youth Tennis	Youth	Monday, 7/1—8/12 5:00—5:45pm
Learn to Golf	Youth/ Teen/ Adult	Wednesday, 6/5—27, or 7/10—31, or 8/7—28 5:30—6:30pm
Tae Kwon Do	Youth/ Teen/ Adult	Wednesday June—August 3:30pm —4:30pm
K-3 Basketball	Youth ages 5—8	Saturdays June—August 9:00—10:00am
Leaders Club	Youth / Teen ages 11—14	Thursday's till 6/17 3:45—4:45pm
Kids Night Out	Youth	Saturday's 5/25, or 6/29, 7/27 or, 8/24 3:15—7:15pm
Family Fun Nights	Family	Friday's (3rd Friday of every month) 6:00—8:00 pm
Intro to Robotics	Youth	August 22 & 23 8:00 am—4:00pm
Wind Turbine Design Challenge	Youth	August 29 & 30 8:00 am—4:00pm
Personal Basketball Training	All ages	By appointment

To register visit [www.CDYMCA.org](http://www.CDYMCA.org) or Email: [Jdixon@cdymca.org](mailto:Jdixon@cdymca.org)



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