

**REGISTRATION GUIDELINES  
APPLY TO ALL SWIM  
PROGRAMS**

- For returning members registration begins on the last day of class. (Please bring your certificate or progress report). For new members registration begins on the first of every month at 9:00 am.
- No Financial assistance will be processed on Swim Sign up Day, you must apply for Financial assistance in advance.
- For those unsure of the appropriate level for enrollment, evaluations are available by appointment only. Call (818) 240-4130, Extension 45.
- In order to receive a credit you must **bring a doctors note by the 23rd of each month.**
- **24 hour notice for cancellation is required.**
- **Late Fee is \$5.00 after 1st of the month.**
- **Limited cancellations to one or two classes per session.**

**FEES**

	<b>Before 1st Class</b>	<b>After 1st Class</b>
<b>Cancellations</b>	\$5.00	50%
<b>Transfers</b>	\$5.00	\$5.00

**ASSISTANCE WITH FEES**

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

**RIGHTS RESERVED**

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

**YMCA of Glendale**

140 N. Louise Street  
Glendale, CA 91206  
Email: [ymca@glenmca.org](mailto:ymca@glenmca.org)  
[www.glendaleymca.org](http://www.glendaleymca.org)

**Membership Department  
Phone Extensions**

(818) 240-4130

Membership Dept. x 18  
Men's Massage x 42  
Women's Massage x 27  
Aquatics x 45  
Gymnastics x 17

**YSWIM LESSONS™**

*We build strong kids, strong families, strong communities.*

**Adult Swim  
Lessons**

**AUGUST 2010**

**CLASSES BEGIN ON:  
Tuesday & Thursday**

**August 5**

**Saturday  
August 7**

**All Group Lessons Are  
45 Minutes**



*For More Information Contact:*  
Norberto Montalvan  
(818) 240-4130 x 45

*We Build Strong Kids,  
Strong Families, Strong Communities.*



**Your Family Place**

# Adult Swim Lessons Schedule

## TEENS & ADULTS

*15 yrs. and up*

Classes for teenagers through adults who want to learn how to swim or already know how to swim.

### Louise Center - Main Pool

Tuesday & Thursday

6:00 pm - 6:45 pm

6:45 pm - 7:30 pm

### Louise Center - Plunge Pool

Saturday

8:00 am - 9:30 am

## THINGS TO KNOW TO ENJOY OUR SWIM PROGRAM:

- Each student will progress at his/her own pace.
- It is not unusual for a student to repeat a level several times before mastering all the necessary skills to pass.
- We strongly encourage all parents to participate actively in their child's swimming experience here at the YMCA of Glendale by communicating with the child's instructor.
- We encourage all participants in the swim lesson programs to practice during open swim times.

## GROUP LESSON FEES

### Tuesday & Thursday

YMCA Member: \$62 per month

Non-Member: \$85 per month

### Saturday

YMCA Member: \$62 per month

Non-Member: \$85 per month

## PRIVATE LESSONS

Lessons are available by appointment only, with minimum enrollment of 4 classes or 8 classes. Call the Aquatics Director to arrange days and time (818) 240-4130 x 45. Cost per 30-Minute lessons.

*(24 Hr. Notice required for cancellation. Limited cancellation to one or two classes per month)*

### MEMBER RATE

Once per week (4 lessons): \$79 per month.

Twice per week (8 lessons): \$130 per month.

Semi-Private (4 lessons): \$120 per month.

Semi-Private (8 lessons): \$195 per month.

### NON-MEMBER RATE

Once per week (4 lessons): \$99 per month.

Twice per week (8 lessons): \$150 per month.

Semi-Private (4 lessons): \$140 per month.

Semi-Private (8 lessons): \$220 per month.

## THE FOLLOWING RULES APPLY TO ALL SWIM PROGRAM ACTIVITIES:

1. It is California state law as well as YMCA of Glendale policy that all swimmers take soap showers before entering the pool areas.
2. Swimmers are required to swim in proper swimming attire (Please Note: No street clothes or cut-offs). Infants must wear plastic pants or swim diapers under their swimming suits.
3. Hair longer than shoulder length must be confined under a cap or tied back.
4. Band-Aids may not be worn into the pool. No open wounds or sores in the pool.
5. No one other than class participants or swimmers are allowed on the pool deck. Persons waiting or observing are asked to do so from either the sun patio or balcony areas.
6. Always enter the pool from the shallow end.
7. Please enter and exit through locker rooms when bringing or picking up children from class.
8. The YMCA of Glendale strongly maintains that profanity, improper or threatening behavior has no place at the Y, and members or guests failing to control their behavior will be asked to leave.
9. All other rules which are posted or printed for the YMCA of Glendale apply.
10. All Students must provide their own towel.

## FOR MORE INFORMATION CONTACT:

Norberto Montalvan, Aquatics Director -  
818-240-4130, ext. 45