



AQUATICS & PHYSICAL EDUCATION

•All Classes require Y membership and accident insurance are for 10 Sessions unless otherwise noted

WOMEN

LEARN TO SWIM \$100.00
 January 11 - March 14
 7MD1 Monday 10:20 - 10:55 am
 January 12 - March 15
 7TE1 Tuesday 7:15 - 8:00 pm
 January 13 - March 16
 7WD1 Wednesday 10:20 - 10:55 am

LAP SWIM \$60.00
 January 11 - April 13
 Registration is for one Lap Swim Period Only
 7W01 Lap I 7:15 - 8:00 am
 7W02 Lap II 11:00 - 11:45 am
 7W03 Lap III 1:15 - 2:00 pm

LIFEGUARDING \$525.00
Pre-requisite 15 years old. Level IV swim skills. Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable) Book & Red Cross fee extra.
 January 21 - March 31
 7TE3 Thursday 6:00 - 9:30 pm

WSI \$525.00
 January 19 - March 29
 7TE2 Tuesday 6:00 - 9:30 pm
Red Cross materials and fees not included

GIRLS

LEARN TO SWIM \$95.00
Emphasis on water comfort, floating, breathing, kicking-front & back crawl.
 January 10 - March 13
 7GS1 Sunday 11:30 - 12:25 pm
 7GS2 Sunday 12:25 - 1:15 pm
 7GS3 Sunday 2:00 - 2:55 pm
 January 12 - March 15
 7GT1 Tuesday 5:30 - 6:15 pm

GUARD START \$125.00
First step training for Junior Lifeguards.
 7GS5 Sunday 2:00 - 2:55 pm
 7GT2 Tuesday 5:30 - 6:15 pm

BOYS

LEARN TO SWIM \$95.00
 January 10 - March 13
 7BS1 Sunday 4:40 - 5:30 pm
 January 15 - March 18
 7BF1 Friday 1:20 - 2:10 pm

GUARD START \$125.00
First step training for Junior Lifeguards.
 January 10 - March 13
 7BS2 Sunday 4:40 - 5:30 pm

HIGH SCHOOL BOYS & MEN

LIFEGUARDING \$525.00
 January 24 - March 27
 7BS4 Sunday 7:00 - 10:00 pm
Preliminary screening test fee: \$10. (non-refundable) Must be 15.

WSI \$525.00
 January 24 - March 27
 7BS5 Sunday 7:00 - 10:00 pm
Must be 17 yrs. of age with good swim skills.

LEARN TO SWIM \$100.00
 January 11 - March 14
 7ME1 Monday 7:30 - 8:00 pm

- **CPR Refresher Course**
 7CPR Fee- \$75
 - **Lifeguarding Refresher Course**
(includes CPR and certification)
 7LIF Fee- \$225
 - **LTI course for Boys**
 7LTI Fee- \$500
- Please call for information on dates and times*



ATTENTION OXFORD & BLUE CROSS MEDICARE MEMBERS:
 Take advantage of a membership and use steam and sauna rooms, aqua exercise classes, exercise equipment and more! If you are a member of Oxford or Blue Cross Medicare you may be entitled to use the Y at NO COST to you. Call the Y office to verify your eligibility for this program.

ATTENTION OXFORD FREEDOM PLAN FAMILY MEMBERS:
 You may be entitled to reimbursement for part of your Boro Park Y Family, Couple or Adult Individual Membership. Pick up forms and information at the Y front office.