



# Lincoln Family Downtown YMCA

350 N. 1st Avenue, Phoenix, 85003  
(602) 257-5138 [www.lincolnfamilyyymca.org](http://www.lincolnfamilyyymca.org)

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Class & Ages	MONDAY	TUESDAY	WEDNES.	THURSDAY	FRIDAY	SATURDAY
<b>PARENT/CHILD</b> 6mo.- 3 years			4:30-5:00p 8wk. • 2/1- 3/21			10:40-11:10a 8wk. • 1/7-2/25 • 3/3-4/21
<b>PRE-K</b> 3-5 years	L1 Pike 4wk. 5:05-5:35p 6:15-6:45p • 1/9-2/1 • 2/6-2/29	L1 Pike 4wk. 5:05-5:35p • 1/10-2/2 • 2/7-3/1	L1 Pike 4wk. 5:05-5:35p 6:15-6:45p	L1 Pike 4wk. 5:05-5:35p		L1 Pike 8wk. 10:05a-10:35a • 1/7-2/25 • 3/3-4/21
<b>YOUTH</b> 6-12 years	L1 Polliwog 4wk. 5:40-6:10p • 1/9-2/1 • 2/6-2/29	L1 Polliwog 4wk. 4:30-5:00p • 1/10-2/2 • 2/7-3/1	L1 Polliwog 4wk. 5:40-6:10p	L1 Polliwog 4wk. 4:30-5:00p	L1 Polliwog 8wk. 5:15-5:45p • 1/6-2/24	L1 Polliwog 8wk. 11:15-11:45a • 1/7-2/25 • 3/3-4/21
<b>ADULT 18+</b> Level 1		6:35-7:05p 4wk. • 1/10-2/2 • 2/7-3/1		6:35-7:05p 4wk	5:50-6:20p 8wk. • 1/13-3/2	11:50-12:20p 8wk. • 1/7-2/25 • 3/3-4/21

### Private Swim Lessons

Meet one on one with a certified instructor.

Packages expire 3 months from the start date. All levels!

# of sessions	Time	Fee
6 package	45 Minutes	\$102
10 package	45 Minutes	\$155

### Group Swim Lessons

There are 8 classes in each session.

4 week session meets twice a week.

8 week session meets once a week.

Fees: \$40 Full Facility Members.  
\$80 Program Members\*

\*There is an annual fee of \$35 for program members.

## For Kids, Teens & Adults



**Missed Class Policy:** The YMCA will only reschedule classes due to chemical incidents. The YMCA will not provide make up lessons for non participation.

**Refund Policy:** There will be no refunds given for non participation.

### Practice Schedule

Monday & Wednesday

- Beginner 5:45-6:30p
- Advanced 6:30-7:30p
- Thursday
- All levels 6:30-7:30p

### Youth Swim Team

Fees: \$42 a month (Includes all practices)  
We participate in monthly swim meets\* at local YMCA's . All participants must know how to swim 25 yards non-stop to join.  
\*There may be a swim meet fee each month.

### Certifications & Training

Fees: \$25 FM \$35 PM

Monthly CPR & AED trainings are listed on our website!  
Dates: January 28th, February 25 & March 24th! 9:00-12:00p