



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MONDAY / WEDNESDAY SWIM LESSONS

TIMES	Mon/Wed			
4:15 PM	<b>Pre-Swim Team</b>	<b>Pre-School (3-5) Stage 1: Water Acclimation</b>	<b>School Age (5-12) Stage 1: Water Acclimation</b>	<b>School Age (5-12) Stage 2: Water Movement</b>
4:55 PM	<b>Pre-School (3-5) Stage 2: Water Movement</b>	<b>Pre-School (3-5) Stage 3: Water Stamina</b>	<b>School Age (5-12) Stage 3: Water Stamina</b>	<b>School Age (5-12) Stage 4: Stroke Introduction</b>
5:35 PM	<b>Pre-School Age (3-5) Stage 4: Stroke Introduction</b>	<b>Pre-School (3-5) Stage 1: Water Acclimation</b>	<b>School Age (5-12) Stage 2: Water Movement</b>	<b>School Age (5-12) Stage 3: Water Stamina</b>
6:15 PM	<b>Pre-School (3-5) Stage 2: Water Movement</b>	<b>Pre-School (3-5) Stage 3: Water Stamina</b>	<b>School Age (5-12) Stage 5: Stroke Development</b>	<b>School Age (5-12) Stage 6: Stroke Mechanics</b>

**REMINDERS BEFORE YOUR FIRST LESSON!**

**Please arrive to the facility at least 10 minutes before the start of your lesson. Be sure your child is ready to swim by the lesson start time. Towels are not provided. Swim diapers are required for infants and toddlers. Make-up lessons are not provided in the event of non-attendance; no refunds or credits will be provided. The Y reserves the right to cancel and/or reschedule classes in the event of insufficient enrollment.**

	Registration opens	Price
YMCA Members	??	\$64.00
Non-Members	??	\$75.00

Classes will be held on: Dates TBD  
All classes are 30 minutes.



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# TUESDAY / THURSDAY SWIM LESSONS

TIMES	Tues/Thurs			
4:15 PM	Pre-School (3-5) Stage 1: Water Acclimation	Pre-School (3-5) Stage 2: Water Movement	School Age (5-12) Stage 1: Water Acclimation	School Age (5-12) Stage 2: Water Movement
4:55 PM	Pre-School (3-5) Stage 3: Water Stamina	Pre-School Age (3-5) Stage 4: Stroke Introduction	School Age (5-12) Stage 3: Water Stamina	School Age (5-12) Stage 4: Stroke Introduction
5:35 PM	Pre-School (3-5) Stage 1: Water Acclimation	Pre-School (3-5) Stage 2: Water Movement	School Age (5-12) Stage 2: Water Movement	School Age (5-12) Stage 3: Water Stamina
6:15 PM	Pre-School (3-5) Stage 3: Water Stamina	Pre-School Age (3-5) Stage 4: Stroke Introduction	School Age (5-12) Stage 5: Stroke Development	School Age (5-12) Stage 6: Stroke Mechanics

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YMCA Members	??	\$64,00
Non-Members	??	\$75,00

Classes will be held on: Dates TBD  
All classes are 30 minutes.

SKAGIT VALLEY FAMILY YMCA  
215 East Fulton St, Mount Vernon, WA 98273  
P 360 336 9622 F 360 336 9624 [www.skagitymca.org](http://www.skagitymca.org)



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# SATURDAY SWIM LESSONS

TIMES	Saturday			
9:30 AM	6 mo – 3 years Stage A: Water Discovery	Pre-School (3-5) Stage 1: Water Acclimation	Pre-School (3-5) Stage 2: Water Movement	School Age (5-12) Stage 1: Water Acclimation
10:10 AM	6 mo – 3 years Stage B: Water Exploration	Pre-School (3-5) Stage 3: Water Stamina	School Age (5-12) Stage 2: Water Movement	School Age (5-12) Stage 3: Water Stamina
10:50 AM	Pre-School (3-5) Stage 1: Water Acclimation	Pre-School (3-5) Stage 2: Water Movement	School Age (5-12) Stage 2: Water Movement	School Age (5-12) Stage 3: Water Stamina
11:30 AM	Pre-School (3-5) Stage 3: Water Stamina	Pre-School Age (3-5) Stage 4: Stroke Introduction	School Age (5-12) Stage 4: Stroke Introduction	School Age (5-12) Stage 5/6: Stroke Development/ Mechanics

## REMINDERS BEFORE YOUR FIRST LESSON!

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	Registration opens	Price
YMCA Members	??	\$64.00
Non-Members	??	\$75.00

Classes will be held on: Dates TBD  
All classes are 30 minutes,