



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEEKDAY SWIM LESSONS

Mon/Wed		Tues/Thurs	
6:30 PM	7:00 PM	6:30 PM	7:00 PM
Stage 1: Water Acclimation (3-5)	Stage 5: Stroke Develop- ment (6-12)	Stage 1: Water Acclimation (3-5)	Stage 5: Stroke Develop- ment (6-12)
Stage 1: Water Acclimation (6-12)	Stage 4: Stroke Introduc- tion (6-12)	Stage 1: Water Acclimation (6-12)	Stage 4: Stroke Introduc- tion (6-12)
Stage 2: Water Movement (3-5)	Pre-Swim Team (6- 12)	Stage 2: Water Movement (3-5)	Stage 6: Stroke Mechanics (6-12)
Stage 2: Water Movement (6-12)	Stage 6: Stroke Mechanics (6-12)	Stage 2: Water Movement (6-12)	Stage 3: Water Stamina (6-12)
Stage 3: Water Stamina (6-12)	Stage 1: Water Acclimation (6-12)	Stage 3/4: Water Stamina/ Stroke Intro	Stage 1: Water Acclimation (6-12)

## REMINDERS BEFORE YOUR FIRST LESSON!

These lessons may start at the Fulton St. YMCA and then move to the new YMCA on Fulton St. Please arrive to the facility at least 10 minutes before the start of your lesson. 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.

SKAGIT VALLEY FAMILY YMCA  
215 East Fulton St, Mount Vernon, WA 98273  
P 360 336 9622 F 360 336 9624 www.skagitymca.org

Classes will be held Feb 25 through Mar 21

All classes are 30 minutes.