



YMCA SUMMER SWIM LESSONS

DAYS	Monday –Thursday 1 st Session (8 lessons)	Monday –Thursday 2 nd Session (7 lessons)	Monday –Thursday 3 rd Session (8 lessons)	Monday –Thursday 4 th Session (8 lessons)	Saturday Lessons (8 Sessions)
DATES	June 17 – June 27	July 1 – July 11	July 15 – July 25	July 29 – Aug 8	June 22 – Aug 10
Stage A/B (6 mo – 3 years)	9:30 AM – 10:00 AM	9:30 AM – 10:00 AM	9:30 AM – 10:00 AM	9:30 AM – 10:00 AM	9:30 AM – 10:00 AM
Stage 1 (3–5 years)	9:30 AM – 10:00 AM 10:10 AM – 10:40 AM 4:45 PM – 5:15 PM	9:30 AM – 10:00 AM 4:45 PM – 5:15 PM	9:30 AM – 10:00 AM 5:25 PM – 5:55 PM	9:30 AM – 10:00 AM 5:25 PM – 5:55 PM	9:30 AM – 10:00 AM 10:10 AM – 10:40 AM 10:50 AM – 11:20 AM
Stage 2 (3–5 years)	9:30 AM – 10:00 AM 5:25 PM – 5:55 PM	9:30 AM – 10:00 AM* *(2 classes available) 5:25 PM – 5:55 PM	9:30 AM – 10:00 AM 10:10 AM – 10:40 AM 4:45 PM – 5:15 PM	9:30 AM – 10:00 AM 5:25 PM – 5:55 PM	9:30 AM – 10:00 AM 10:50 AM – 11:20 AM
Stages 3 & 4 (3–5 years)	10:10 AM – 10:40 AM	10:10 AM – 10:40 AM	10:10 AM – 10:40 AM 4:45 PM – 5:15 PM	10:10 AM – 10:40 AM 5:25 PM – 5:55 PM	10:10 AM – 10:40 AM
Stage 1 (6–12 years)	9:30 AM – 10:00 AM 10:10 AM – 10:40 AM 4:45 PM – 5:15 PM	10:10 AM to 10:40 AM 4:45 PM to 5:15 PM	10:10 AM – 10:40 AM 4:45 PM to 5:15 PM	10:10 AM – 10:40 AM 4:45 PM to 5:15 PM	9:30 AM – 10:00 AM 11:30 AM – 12:00 PM
Stage 2 (6–12 years)	4:45 PM – 5:15 PM 10:10 AM – 10:40 AM	10:10 AM to 10:40 AM 4:45 PM to 5:15 PM 5:25 PM – 5:55 PM	9:30 AM – 10:00 AM 5:25 PM – 5:55 PM	9:30 AM – 10:00 AM 4:45 PM – 5:15 PM 5:25 PM – 5:55 PM	10:10 AM – 10:40 AM 10:50 AM – 11:20 AM 11:30 AM – 12:00 PM
Stage 3 (6–12 years)	4:45 PM – 5:15 PM 5:25 PM – 5:55 PM	10:10 AM – 10:40 AM 4:45 PM – 5:15 PM	10:10 AM – 10:40 AM 4:45 PM – 5:15 PM	10:10 AM – 10:40 AM 4:45 PM – 5:15 PM	10:10 AM – 10:40 AM
Stage 4 (6–12 years)	5:25 PM – 5:55 PM	5:25 PM – 5:55 PM	5:25 PM – 5:55 PM	4:45 PM – 5:15 PM	10:50 AM – 11:20 AM 11:30 AM – 12:00 PM
Stages 5&6 (6–12 years)	5:25 PM – 5:55 PM	5:25 PM – 5:55 PM	5:25 PM – 5:55 PM	10:10 AM – 10:40 AM	11:30 AM – 12:00 PM
YMCA Members	\$64.00	\$56.00	\$64.00	\$64.00	\$64.00
Program Members	\$75.00	\$66.00	\$75.00	\$75.00	\$75.00
Registration Opens	Members: June 3 PM: June 10	Members: June 24 PM: Jun 27	Members: July 8 PM: July 11	Members: July 22 PM: July 25	Members: June 8 PM: June 15

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months-3 years
PARENT* & CHILD:
STAGES A-B



3 years-5 years
PRESCHOOL:
STAGES 1-4



5 years-12 years
SCHOOL AGE:
STAGES 1-6



12+ years
TEEN & ADULT:
STAGES 1-6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

Is the student comfortable working with an instructor without a parent in the water?

Will the student go underwater voluntarily?

Can the student do a front and back float on his or her own?

Can the student swim 10-15 yards on his or her front and back?

Can the student swim 15 yards of front and back crawl?

Can the student swim front crawl, back crawl, and breaststroke across the pool?

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

A / WATER
DISCOVERY

NOT YET

B / WATER
EXPLORATION

NOT YET

1 / WATER
ACCLIMATION

NOT YET

2 / WATER
MOVEMENT

NOT YET

3 / WATER
STAMINA

NOT YET

4 / STROKE
INTRODUCTION

NOT YET

5 / STROKE
DEVELOPMENT

NOT YET

6 / STROKE
MECHANICS