C: WATER LAUNCH
For those who are ready for Water Acclimation, but not ready to go into class without a parent. Follows Water Acclimation lesson plans.

6 months-4 years
PARENT* & CHILD STAGES A-C

3-5 years
PRESCHOOL STAGES P1-4

5-12 years
SCHOOL AGE STAGES Y1-6

12+ years
TEEN & ADULT STAGES 1-6

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

*At the Y, we know families take a variety of forms; thus, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

SWIM STARTERS
Parent* & Child Lessons
(Stages A & B can be combined.)

A: WATER DISCOVERY
Introduces infants and toddlers to the aquatic environment.

B: WATER EXPLORATION
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

C: WATER LAUNCH
For those who are ready for Water Acclimation, but not ready to go into class without a parent. Follows Water Acclimation lesson plans.

SWIM BASICS
Skills to stay safe around water

1: WATER ACCLIMATION
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2: WATER MOVEMENT
Encourages forward movement in water and basic self-rescue skills performed independently.

3: WATER STAMINA
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES
Skills to support a healthy lifestyle

4: STROKE INTRODUCTION
Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

5: STROKE DEVELOPMENT
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6: STROKE MECHANICS
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Specialty Aquatic Classes

Adult-Intro to Water: (13 years & up) For adults, young and old, looking to gain confidence in getting in the water. Geared for the beginners who are afraid of the water and will focus on buoyancy, floating, putting their face in the water, and learning beginning strokes. Would fall into Stages 1-2.

Adult-Learn to Swim: (13 years & up) For adults, young and old, looking to learn strokes, tread water, swim the length of the pool. Geared for swimmers who are comfortable getting into the water and looking for tips on how to recreationally swim. Would fall into Stages 3-4.

Adapted Swim Lessons: (3 years & up) Taught one-on-one or in small group settings for those swimmers with special/sensory needs. Ask the Welcome Center for our Adapted Swim Lesson Registration Form. Once completed and payment is made, an instructor will contact participants to schedule swim lessons.

Private Swim Lessons: (3 years & up) Taught one-on-one or in small group settings for those swimmers who are looking for individual or family approach to swim lessons and can customize their instruction. Ask the Welcome Center for our Private Swim Lesson Registration Form. Once completed and payment is made, an instructor will contact participants to schedule swim lessons.

CLASS PRICES
All Group Lessons-
Member: $50
Non-Member: $100

SESSION DATES

Mondays: 9/13-10/25; 11/1-12/13
Tuesdays/Thursdays: 9/7-9/30; 10/5-10/28; 11/2-11/23; 11/30-12/16*
Saturdays: 9/11-10/30; 11/6-12/18
BREAK WEEK-NO CLASSES: 12/19-1/2/2022

*Offerings will be 6 classes this session and will be prorated.

MONDAY
8 WEEKS-ONCE/WEEK

5:30-6:00 p.m. Adult Lessons-Learn to Swim
6:00-6:30 p.m. Swim Starters * P1 * P2/3
6:00-6:45 p.m. P/Y 4
6:30-7:00 p.m. P1 * Y2 * Y3
6:45-7:30 p.m. Y5/6
7:00-7:30 p.m. P2/3 * Y2 * Y3

TUESDAY/THURSDAY
4 WEEKS-TWICE/WEEK

6:00-6:30 p.m. P1 * Y1 * Y2
6:00-6:45 p.m. Y5/6
6:30-7:00 p.m. P1 * P2/3 * Y1
6:45-7:30 p.m. P/Y4
7:00-7:30 p.m. Y2 * Y3 * Adult Lessons-Intro to Water

SATURDAY
8 WEEKS-ONCE/WEEK

9:00-9:30 a.m. Swim Starters * P1 * Y1
9:30-10:00 a.m. C * P2 * Y2
9:30-10:15 a.m. Y * S/6
10:00-10:30 a.m. Swim Starters * P3 * Y3
10:15-11:00 a.m. P/Y4
10:30-11:00 a.m. P1 * Y1 * Y2

Not sure where to register your kids? Take a quick online assessment by following this QR Code!

Interested in competitive swimming? Visit our team website by following this QR Code!