

Swim readiness skills

# Swim Lessons Schedule

**Upcoming Session** - Session 5: 4/29/24 - 6/16/24 Registration Opens - Monday 4/15/24

Geneva Family YMCA 399 William Street Geneva, NY 14456 315-789-1616 genevafamilyymca.org

## **Mondays**

| 5:00 pm – 5:30 pm | Water Discovery A      |  |  |
|-------------------|------------------------|--|--|
| 5:00 pm – 5:30 pm | School Age Level 5 / 6 |  |  |
| 5:30 pm – 6:00 pm | Preschool Level 1      |  |  |
| 5:30 pm – 6:00 pm | Preschool Level 3      |  |  |
| 6:00 pm – 6:30 pm | Preschool Level 2      |  |  |
| 6:00 pm – 6:30 pm | School Age Level 2     |  |  |
| 6:30 pm – 7:00 pm | School Age Level 3     |  |  |
| 6:30 pm – 7:00 pm | School Age Level 4     |  |  |

## Saturdays (FREE to Geneva WSS & NSS students!)

| 10:00 pm – 10:30 am | Preschool Level 1  |
|---------------------|--------------------|
| 10:00 pm – 10:30 am | School Age Level 1 |
| 10:30 pm - 11:00 am | Preschool Level 2  |
| 10:30 pm - 11:00 am | School Age Level 2 |

| D   |  |  |   |  |   |  |  |  |
|---|--|--|---|--|---|--|--|--|
| B<br>Vater  | Water<br>Acclimation   | Water  | 3<br>Water<br>Stemina   | 4<br>Stroke  | 5<br>Stroke<br>Development  | 5<br>Stroke  |  |  |
| tudent not yet<br>omfortable<br>orking with<br>n instructor<br>iithout a<br>arent in the<br>ater. | Student not<br>yet able to go<br>underwater<br>voluntarily,        | Student not yet able to do a front and back float on his or her own.   | Student not yet able to swim 10–15 yards on his or her front and back.  | Student not yet able to swim 15 yards of front and back crawl.   | Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.   | Student not yet able to swim front crawl, back crawl, and breatstroke across the pool and back.  |  |  |
| ti o con ii a   | udent not yet mfortable orking with instructor thout a rent in the | Acclimation  Acclimation  Acclimation  Acclimation  Student not yet yet able to go underwater yoluntarily, then in the ster. | Acclimation  Acclimation  Movement  Student not yet wident not yet able to go underwater voluntarily, when yet able to do a front and back float on his or her own. | Acclimation  Acclimation  Movement  Student not yet undernable yet able to go underwater voluntarily, which instructor thout a rent in the iter.  Student not yet able to do a front and back float on his or her own, and back. | Acclimation  Acclimation  Movement  Student not yet underntable yet able to go underwater yoluntarily, with the teer,  Student not yet able to go underwater yoluntarily, with the teer,  Student not yet able to swim 10—15 yards on his or her front and back float on his or her front and back crawl, | Acclimation  Acclimation  Movement  Student not yet underwater yet able to go underwater voluntarily.  Student not yet able to go underwater voluntarily.  Student not yet able to swim 10—15 yards on fis or her front and back float on his or her front and back crawl, and breaststroke across the pool.  Student not yet able to swim 15 yards or front and back crawl, and back crawl, and back crawl, and back crawl, and back crawl. |  |  |

Skills to support a healthy lifestyle

Recommended skills for all to have around water

## Wednesdays

| 5:00 pm – 5:30 pm | Water Discovery B  |  |  |
|-------------------|--------------------|--|--|
| 5:00 pm – 5:30 pm | School Age Level 4 |  |  |
| 5:30 pm – 6:00 pm | Preschool Level 1  |  |  |
| 5:30 pm – 6:00 pm | Preschool Level 2  |  |  |
| 6:00 pm – 6:30 pm | Preschool Level 3  |  |  |
| 6:00 pm – 6:30 pm | School Age Level 2 |  |  |
| 6:30 pm – 6:30 pm | School Age Level 1 |  |  |
| 6:30 pm – 7:00 pm | School Age Level 3 |  |  |

#### 2024 Session Dates

Session 5: 4/29/24 - 6/16/24

Registration Opens:

Family Members - Monday 4/15/24 Youth Members - Tuesday 4/16/24 Non-Members - Wednesday 4/17/24

Summer Session 1: 7/8/24 - 8/4/24

Registration Opens:

Family Members - Monday 6/24/24 Youth Members - Tuesday 6/25/24 Non-Members - Wednesday 6/26/24

Mondays & Wednesdays:

\$50 for members

FREE to Geneva West & North St. Students \$100 for non- members

**Saturdays ONLY:**