



# Summer Swim Lessons Schedule

Session 1: 7/11/22 – 8/3/22

Session 2: 8/8/22 – 8/31/22

## Mondays & Wednesdays

5:00 pm – 5:30 pm	Water Discovery A
5:00 pm – 5:30 pm	Preschool Level 3

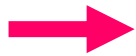
6:00 pm – 6:30 pm	Preschool Level 1
6:00 pm – 6:30 pm	Preschool Level 1
6:00 pm – 6:30 pm	School Age Level 3

## Mondays & Wednesdays

5:30 pm – 6:00 pm	Water Exploration B
5:30 pm – 6:00 pm	School Age Level 4
5:30 pm – 6:00 pm	School Age Level 5/6

6:30 pm – 7:00 pm	School Age Level 1
6:30 pm – 7:00 pm	Preschool Level 2
6:30 pm – 7:00 pm	School Age Level 2

**SPACE IS LIMITED!  
REGISTER EARLY!**



Summer Session 1 & 2  
Registration Opens:  
**Mon. June 6<sup>th</sup>**



What Level  
should my child  
be in?



See reverse  
for our  
**Lesson Selector**

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Geneva, NY 14456  
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FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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?

NOT YET

A / WATER  
DISCOVERY

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

NOT YET

B / WATER  
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER  
ACCLIMATION

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

NOT YET

2 / WATER  
MOVEMENT

Can the student swim 10-15 yards on his or her front and back without a flotation device?

NOT YET

3 / WATER  
STAMINA

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

NOT YET

4 / STROKE  
INTRODUCTION

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

NOT YET

5 / STROKE  
DEVELOPMENT

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

NOT YET

6 / STROKE  
MECHANICS

\*At the Y, we know families take a variety of forms. As a result, 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.