















YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

PARENT & CHILD		SCHOOL AGE, TEEN & ADULT					
PARENT & CHILD		PRESCHOOL					
A Water Discovery  Student not yet able to respond to verbal cues and jump on land.	B Water Exploration  Student not yet comfortable working with an instructor without a parent in the water.	1 Water Acclimation  Student not yet able to go underwater voluntarily.	2 Water Movement  Student not yet able to do a front and back float on his or her own.	3 Water Stamina  Student not yet able to swim 10-15 yards on his or her front and back.	4 Stroke Introduction  Student not yet able to swim 15 yards of front and back crawl.	5 Stroke Development  Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.	6 Stroke Mechanics  Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.
SWIM STARTERS Swim readiness skills		SWIM BASICS Recommended skills for all to have around water				SWIM STROKES Skills to support a healthy lifestyle	

INFANT 6-18 MOS	TODDLER 18 MOS-3 YRS	PRE-SCHOOL 3 YRS TO 5 YRS
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YMCA Swim Lessons Water Discovery  A	YMCA Swim Lessons Water Exploration  B	YMCA Swim Lessons Water Acclimation  1	YMCA Swim Lessons Water Movement  2	YMCA Swim Lessons Water Stamina  3	YMCA Swim Lessons Stroke Introduction  4
M/W 5:30pm	M/W 6:00pm	M/W 6:30pm M/W 7:30pm	M/W 7:00pm	M/W 7:30pm	INSTRUCTOR INVITE ONLY

We teach the nationally recognized Y Progressive swim program.

We have a staff of certified guards & instructors who are experienced in teaching both children & adults aquatic skills & personal safety.

We can teach you to swim whatever your age or ability!

Fees:
Members \$35
Non-Members \$65

SCHOOL AGE	6YRS—12 YRS
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YMCA Swim Lessons Water Acclimation  1	YMCA Swim Lessons Water Movement  2	YMCA Swim Lessons Water Stamina  3	YMCA Swim Lessons Stroke Introduction  4	YMCA Swim Lessons Stroke Development  5	YMCA Swim Lessons Stroke Mechanics  6
M/W 7:00pm M/W 7:30pm	M/W 6:30pm	M/W 7:00pm	M/W 6:30pm	M/W 5:30pm	M/W 6:00pm

SUMMER CLASSES MEET TWICE PER WEEK FOR 4 WEEKS

*Classes and times are subject to change/ each level is taught individually

Summer Swim Sessions

June 24—July 28

(no classes July 1-July 7)

July 29-August 25