

PARENT & CHILD -

Water

Discovery

o verbal cues

-

Water

Acclimation

udent no

yet able to go

underwater voluntarily,

Water

Exploration

omfortable

without a parent in the

SWIM STARTERS

Swim readiness skills

orking with

Swim Lessons Schedule

See below for upcoming session & registration dates

6

Stroke

Mechanics

able to swim

front crawl.

breaststroke

and back

across the pool

back crawl, and

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

Tuesdays

5:00 pm – 5:30 pm	Water Discovery A
5:00 pm – 5:30 pm	School Age Level 5
5:30 pm – 6:00 pm	Preschool Level 1
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 1
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
6:30 pm – 7:00 pm	TBD

PRESCHOOL

Water

Movement

udent not ve

able to do a

ront and back

SWIM BASICS

Recommended skills for all to have around water

5

SCHOOL AGE, TEEN & ADULT

4

Introduction

tudent not ver

able to swim

front and back

15 yards of

crawl

Stroke

Development

tudent not yet

able to swim

front crawl,

breaststroke

across the

nol

back crawl, and

SWIM STROKES

Skills to support a healthy lifestyle

Stroke

Thursdays

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

2023/24 Session Dates

- Session 1: 9/11/23 10/29/23 Registration Opens - Monday 8/21/23
- Session 2: 10/30/23 12/24/23 (No classes week of 11/20 11/24) Registration Opens – Monday 10/10/23
- Session 3: 1/8/24 3/3/24 (*No classes week of 2/19 2/23*) Registration Opens – Monday 12/18/23
- **Session 4:** 3/4/24 4/28/24 (*No classes week of 4/1 4/5*) Registration Opens – Monday 2/19/24

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