



Swim Lessons Schedule

2022 / 2023 Sessions

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

Mondays

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	Preschool Level 1
6:00 pm – 6:30 pm	Preschool Level 3
6:30 pm – 7:00 pm	School Age Level 1
6:30 pm – 7:00 pm	School Age Level 2
6:30 pm – 7:00 pm	School Age Level 3

Wednesdays

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

2022/23 Session Dates

- Session 1:** 9/12/22 – 10/26/22
Registration Opens - Monday 8/29/22
- Session 2:** 11/7/22 – 12/21/22
Registration Opens – Monday 10/24/22
- Session 3:** 1/9/23 – 3/1/23 (No classes week of 2/20/23 – 2/24/23)
Registration Opens – Monday 12/19/22
- Session 4:** 3/6/23 – 4/26/23 (No classes week of 4/3/23 – 4/7/23)
Registration Opens – Monday 2/20/23
- Session 5:** 5/1/23 – 6/19/23 (No class Memorial Day – 5/29/23)
Registration Opens - Monday 4/17/23

PARENT & CHILD		SCHOOL AGE, TEEN & ADULT					
PARENT & CHILD		PRESCHOOL			SCHOOL AGE, TEEN & ADULT		
A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
Student not yet able to respond to verbal cues and jump on land.	Student not yet comfortable working with an instructor without a parent in the water.	Student not yet able to go underwater 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 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		