



Swim Lessons Schedule

Session 1: 1/3/22 – 2/20/22 (Updated 12/2/21)

Registration begins Monday December 13th

Mondays

4:45 pm – 5:15 pm	Preschool Level 1
4:45 pm – 5:15 pm	Preschool Level 1
4:45 pm – 5:15 pm	School Age Level 3
5:30 pm – 6:00 pm	Preschool Level 2
5:30 pm – 6:00 pm	School Age Level 2
5:30 pm – 6:00 pm	School Age Level 2
6:15 pm – 6:45 pm	Preschool Level 1
6:15 pm – 6:45 pm	Preschool Level 3
6:15 pm – 6:45 pm	School Age Level 3

Wednesdays

4:45 pm – 5:15 pm	School Age Level 1
4:45 pm – 5:15 pm	Water Discovery A
5:30 pm – 6:00 pm	Water Discovery B
5:30 pm – 6:00 pm	School Age Level 4
6:15 pm – 6:45 pm	School Age Level 1
6:15 pm – 6:45 pm	School Age Level 5/6



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SWIM 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.

WHAT STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

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

Will the student go underwater voluntarily?

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

Can the student swim 10–15 yards on his/her front and back?

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

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

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

NOT YET	A/ WATER DISCOVERY
NOT YET	B/ WATER EXPLORATION
NOT YET	1/ WATER ACCLIMATION
NOT YET	2/ WATER MOVEMENT
NOT YET	3/ WATER STAMINA
NOT YET	4/ STROKE INTRODUCTION
NOT YET	5/ STROKE DEVELOPMENT
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.