



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

Winter Swim Lessons 2023

Registration Dates

Session I

Family Membership: 12/5

Youth Members: 12/12

General Public 12/19

Session II

Family Membership: 2/13

Youth Membership: 2/20

General Public: 2/27

Session I: Week of January 9 - March 4*

Session II: Week of March 20 - May 13**

* No class week of 2/20 (Winter Break)

** No class week of 4/3 (Spring Break)

	Saturday	Saturdays	Monday	Tuesday	Wednesday	Thursday
STAGE	Emerson Pool	AR Pool	Emerson Pool	Emerson Pool	Emerson Pool	Emerson Pool
Swim Starters						
Water Discovery (A)	9:15-9:45am			5:15-5:45pm		
Water Exploration (B)	9:50-10:20am					5:15-5:45pm
PRESCHOOL						
Water Acclimation (1)	10:30-11:00am			5:15-5:45pm		
Water Movement (2)	10:30-11:00am					5:15-5:45pm
Water Stamina (3)	11:10-11:50am		6:00-6:30pm			
Stroke Introduction (4)	11:10-12:00pm					
SCHOOL AGE						
Water Acclimation (1)		9:15- 9:45am			6:00-6:30pm	
Water Movement (2)		10:05-10:35am			6:00 -6:30pm	
Water Stamina (3)		10:05-10:35am	6:00-6:30pm			
Stroke Introduction (4)		10:05-10:45am				7:00-7:40pm
Stroke Development (5)		9:15-9:55am				
Stroke Mechanics (6)		9:15-9:55am				
Level 5/6 Combined				7:00-7:40pm		

SWIM LESSON SELECTOR

All children are tested on the first day of classes, if your child needs to move to another class the instructor will inform you.

Under 3

If your child has never taken lessons at the Y before please sign them up for: Swim Starters, Water Discovery (A/B)

Ages 3-5

If your child has never taken lessons at the Y before please sign them up for: Preschool Lessons, Water Acclimation (1)

Auburn YMCA - WEIU 27 William Street, Auburn NY 13021
www.auburnymca.org 315.253.5304

Please note **SWIM STARTERS** is a caregiver child program an adult must be in the water during lessons.

	YMCA Member	YMCA Family Member	General Public
Swim Starter	\$80	\$40	\$140
Preschool	\$80	\$40	\$140
School Age	\$80	\$40	\$140

Y Members please register in person to secure your priority spot/rate .
Online registration will not be available until General Public registration opens.