



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

STRONG SWIMMERS. CONFIDENT KIDS. SUMMER 2023

Lessons begin the week of July 10th
and run through the week of August 21st

STAGE	Saturday	Monday	Tuesday	Wednesday	Thursday
Water Discovery (A)	9:15-9:45am E	9:30 –10:00am E			
Water Exploration (B)	9:50-10:20am E	10:10-10:40am E			
PRESCHOOL					
Water Acclimation (1)	10:40 –11:10am E		6:25 –6:55pm A		
Water Movement (2)	10:40-11:10am E		6:25 –6:55pm A		
Water Stamina (3)	11:20 –11:50am E			6:25-6:55pm A	
Stroke Introduction (4)	11:20am –12:00pm E			6:25-7:05pm A	
SCHOOL AGE					
Water Acclimation (1)	9:15-9:45am A		7:00 –7:30pm E		
Water Movement (2)	10:05-10:35am A				6:25-6:55pm A
Water Stamina (3)	10:05-10:35am A				6:25 –6:55pm A
Stroke Introduction (4)	10:05 –10:35am A		7:00 –7:40pm E		
Stroke Development (5)	9:15 –9:55am A				Level 5/6
Stroke Mechanics (6)	9:15 –9:55am A				7:00 –7:40pm E
KEY	E = Emerson Pool	A= AR Pool			

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)

Registration Information

YMCA Family Member
\$50 Opens May 30

YMCA Member
\$100 Opens June 5

General Public

\$150 Opens June 12

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

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