



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

STRONG SWIMMERS. CONFIDENT KIDS. FALL 2023

Two Sessions Available

Session I

Begins the Week of September 11,
and runs through October 23.

Session II

Begins the Week of October 30
and runs through December 11.

STAGE	Saturday	Monday	Tuesday	Wednesday	Thursday
Water Discovery (A)	9:15-9:45am E		5:15-5:45pm E		
Water Exploration (B)	9:50-10:20am E				5:15-5:45pm E
PRESCHOOL					
Water Acclimation (1)	10:40-11:10am E		5:15-5:45pm E		
Water Movement (2)	10:40-11:10am E				5:15-5:45pm E
Water Stamina (3)	11:20-11:50am E	6:00-6:30pm E			
Stroke Introduction (4)	11:20am-12:00pm E				
SCHOOL AGE					
Water Acclimation (1)	9:15-9:45am A			6:00-6:30pm E	
Water Movement (2)	10:05-10:35am A			6:00-6:30pm E	
Water Stamina (3)	10:05-10:35am A	6:00-6:30pm E			
Stroke Introduction (4)	10:05-10:45am A				7:00-7:40pm E
Stroke Development (5)	9:15-9:55am A				
Stroke Mechanics (6)	9:15-9:55am A				
Level 5/6 Combined			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 Session I Opens August 14
Session II Opens October 2

YMCA Member

\$100 Session I Opens August 21
Session II Opens October 9

General Public

\$150 Session I Opens August 28
Session II Opens October 16

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.