



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

STRONG SWIMMERS. CONFIDENT KIDS. Winter 2024

Lessons begin the week of January 22nd
and end March 9th.

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
PRE-SCHOOL					
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 Registration opens December 18.

YMCA Member

\$100 Registration opens January 2.

General Public

\$150 Registration opens January 8.

Registration Closes When full OR January 17th

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.