



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS. CONFIDENT KIDS. Early Spring 2024

Weekday lessons begin the week  
of March 22 and run through May 9th  
Saturday lessons April 6 - May 18.

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
<b>PRESCHOOL</b>					
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				
<b>SCHOOL AGE</b>					
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		
<b>KEY</b>	<b>E = Emerson Pool</b>	<b>A = AR Pool</b>			

## 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 February 19...

**YMCA Member**

**\$100** Registration opens February 26

## General Public

**\$150** Registration opens march 4

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.**