



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS. CONFIDENT KIDS.

## Summer 2024

### July 8– August 12

#### 6 Lessons.

Weekday swim lessons begin the week of July 8th and run through the Week of August 12th.

Saturday lessons begin on July 13 and run through August 17th.

STAGE	Saturday	Monday	Tuesday	Wednesday	Thursday
<b>SWIM STARTERS</b>					
Water Discovery (A)	9:15-9:45am E	9:30-10:00am E			
Water Exploration (B)	9:50-10:20am E	10:00-10:30am 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 May 28th

**YMCA Member**

**\$100** Registration opens June 3

**General Public**

**\$150** Registration opens June 10

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.**