



STRONG SWIMMERS. CONFIDENT KIDS.

Fall Session I 2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Week of September 8 – October 25, 2025

| STAGE | Saturday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|-------------------------|-------------------|----------------|---------------|----------------|--------|
| SWIM STARTERS | | | | | | |
| 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)

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

Registration Information

YMCA Family Member
\$55 Opens August 11

YMCA Member
\$110 Opens August 18

General Public
\$165 Opens August 25

Register at the Y or online
no later than September 3..

