



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS. CONFIDENT KIDS.

SUMMER 2026

Week of July 6 - August 22, 2026

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
\$60 Opens May 26

YMCA Member
\$120 Opens June 1

General Public
\$180 Opens June 8

Register at the Y or online

