



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS. CONFIDENT KIDS.

Fall 2026 Session I

Week of September 14 – October 31, 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 August 3

YMCA Member

\$120 Opens August 3

General Public

\$180 Opens August 17

Register closes September 9th|
 Register at the Y or online

