



FREE Fall Swim Lessons

Offered by Auburn YMCA
with NY Swims

Level A – School age 4

Week of November 2 – December 19, 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	5:15-5:45pm E				
Stroke Introduction (4)	11:20am-12:00pm E					
SCHOOL AGE						
Water Acclimation (1)	9:15-9:45am A			5:15-5:45pm E		
Water Movement (2)	10:05-10:35am A			5:15–5:45pm E		
Water Stamina (3)	10:05-10:35am A	5:15-5:45pm 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 he 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)

Level 5–6 lessons available for our standard fee

YMCA Family Member \$60

YMCA Member \$120

General Public \$180

**Auburn YMCA – WEIU 27 William Street, Auburn
NY 13021 www.auburnymca.org
315.253.5304**

How to Register

Registration opens Monday, October 12 –12:00 pm

1. Register at the YMCA in person
2. Register online – follow the QR code below OR auburnymca.org> online registration

Please note that registration will NOT be taken over the phone.

TIP For Non-members:

To register online, you must have a YMCA account. For a smoother registration process, we suggest setting up your account prior to registration day.

1. Visit auburnymca.org
2. Click: ONLINE REGISTRATION
3. Click: SIGN UP
4. Scroll to the bottom to “Other Ways to join”
5. Select non-member and complete your profile
6. NOTE children you wish to register must be added to the profile.

