



# LEARN TO PLAY WITH SWIM AND SONG!

**PARENT CHILD CLASSES SWIM SCHEDULE**  
**(ages 6 months—3 years)**  
**JANUARY-MAY 2020**

STAGES A & B (Water Discovery and Water Exploration)					
DAY	CLASS TIMES		DATES	COST	# OF CLASSES
	A	B			
Sat only	10:25-10:55am	11:05-11:35am	Jan 11– Feb 15	FM \$46 PM \$89	6
			Feb 22– Mar 14	FM \$31 PM \$58	4
			Apr 18– May 16	FM \$46 PM \$89	6
Sun only	3:00-3:30pm	4:20-4:50pm	Jan 12– Feb 16	FM \$46 PM \$89	6
			Feb 23– Mar 14	FM \$31 PM \$58	4
			Apr 19– May 17	FM \$39 PM \$73	5
Mon/ Wed	11:05-11:35am 5:30-6:00pm	6:10-6:40pm	Jan 6– Jan 29	FM \$61 PM \$115	8
			Feb 3– Feb 26	FM \$61 PM \$115	8
			Mar 2– Mar 18	FM \$46 PM \$89	6
			Apr 6– Apr 29	FM \$61 PM \$115	8
Tue only		5:50-6:20pm	Jan 7– Feb 25 Apr 7– May 26	FM \$61 PM \$115 FM \$61 PM \$115	8 8
Thu only		9:45-10:15am	Jan 9–Feb 27 Apr 9– May 21	FM \$61 PM \$115 FM \$57 PM \$109	8 7



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.