



# IT'S NEVER TOO LATE TO LEARN HOW TO SWIM!

## YOUTH SWIM SCHEDULE– (Ages 6–12 years)

### JANUARY–MAY 2020

STAGES 1–6									
( Water Acclimation, Movement, Stamina, Stroke Introduction, Development, and Mechanics)									
DAY	CLASS TIMES						SESSION	COST	# OF CLASSES
	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6			
Sat only	9:35–10:15a 11:05–11:35am	9:35–10:15a 11:05–11:35am	9:35–10:15a 11:05–11:35am	11:05–11:35am			Jan 11– Feb 15 Feb 22– Mar 14 Apr 18– May 16	FM \$46 PM \$89 FM \$31 PM \$58 FM \$46 PM \$89	6 4 6
Sun only	3:40–4:20p 5–5:40pm	3:40–4:20p 5–5:40pm	3:40–4:20p 5–5:40pm	3:40–4:20p 5–5:40pm			Jan 12– Feb 16 Feb 23– Mar 14 Apr 19–May 17	FM \$46 PM \$89 FM \$31 PM \$58 FM \$39 PM \$73	6 4 5
Mon/ Wed	4:50–5:30p 5:45–6:25p	4:50–5:30p 5:45–6:25p	4:50–5:30p 5:45–6:25p	4:50–5:30p 5:45–6:25p	5:45–6:25p		Jan 6– Jan 29 Feb 3– Feb 26 Mar 2– Mar 18 Apr 6– Apr 29	FM \$61 PM \$115 FM \$61 PM \$115 FM \$46 PM \$89 FM \$61 PM \$115	8 8 6 8
Tue Only	5:40–6:20pm 6:30–7:10pm	5:40–6:20pm 6:30–7:10pm	5:40–6:20pm 6:30–7:10pm	5:40–6:20pm 6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	Jan 7– Feb 25 Apr 7– May 26	FM \$61 PM \$115 FM \$61 PM \$115	8 8
Tue/ Thu	6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	Mar 3– Mar 19	FM \$46 PM \$89	6
Thu only	6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	6:30–7:10pm	Jan 9– Feb 27 Apr 9– May 21	FM \$61 PM \$115 FM \$57 PM \$109	8 7
Mon– Thu	5:40–6:20p	5:40–6:20p	5:40–6:20p	5:40–6:20p			Mar 30– Apr 2	FM \$31 PM \$58	4

TEEN/ ADULT LESSONS				
DAY	CLASS TIMES	SESSIONS	COST	# OF CLASSES
Saturday	9:35–10:15am	Jan 11– Feb 15 Feb 22– Mar 14 Apr 18– May 16	FM \$46 PM \$89 FM \$31 PM \$58 FM \$46 PM \$89	6 4 6
Thursday	7:15–7:55pm	Jan 9– Feb 27 Apr 9– May 21	FM \$61 PM \$115 FM \$57 PM \$109	8 7

STROKE CLINIC			
DAY	CLASS TIMES	SESSION	COST
Mon–Thu	6:30–7:15pm	Mar 23– Mar 26	FM \$31 PM \$58

ADULT CONDITIONING			
DAY	CLASS TIMES	SESSION	COST
Thursdays	8–8:40pm	Jan 9– Feb 27; Apr 9–May 21	FM \$61 PM \$115; FM \$57 PM \$109

**4 CORE :Must swim 15 yards front and back on own and put face in water.**

DAY	CLASS TIMES	SESSION	COST per session
Saturday	11:05am-12:05pm	Jan 11– Feb 15; Feb 22–Mar 14; Apr 18– May 16	8 classes: FM \$65 PM \$125 7 classes: FM \$57 PM \$109 6 classes: FM \$49 PM \$94 5 classes: FM \$39 PM \$73 4 classes: FM \$31 PM \$58
Sunday	4:30–5:30pm	Jan 12– Feb 16; Feb 23–Mar 14; Apr 19– May 17	
Thursday	6:10–7:10pm	Jan 9– Feb 27; Apr 9– May 21	



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.