

# Summer Session Swim Lessons

## Super Swims

Swimming lessons will be scheduled as 1-week sessions.

**Monday – Friday**

### Session 1: June 24 – 28

4:30–5:10 PM – Parent/Child AB

5:15–5:55 PM – PreK Stages 1–3

6:00–6:40 PM – School Age Stages 1–4

### Session 2: July 8 – 12

4:30–5:10 PM – PreK Stages 1–3

5:15–5:55 PM – School Age Stages 1–3

6:00–6:40 PM – School Age Stages 4–6

### Session 3: July 22 – 26

4:30–5:10 PM – Parent/Child AB

5:15–5:55 PM – PreK Stages 1–3

6:00–6:40 PM – School Age Stages 1–4

### Session 4: August 5 – 9

4:30–5:10 PM – PreK Stages 1–3

5:15–5:55 PM – School Age Stages 1–3

6:00–6:40 PM – School Age Stages 4–6



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–4



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

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.