



Fall 1 Session Swim Lessons

Sept 7-Oct 19

PARENT/CHILD A/B 6mo - 3 years
\$25 Members / \$50 Non-Members

Mondays ~ 4:20-4:50 PM

Saturdays ~ 9:00-9:30 AM

Sept 7-Oct 19

PREK - K Ages 3-5
\$45 Members / \$60 Non-Members

Stage 1

Mondays ~ 4:55-5:25 PM

Mondays ~ 5:30-6:00 PM

Saturdays ~ 9:35-10:05AM

Stage 2

Mondays ~ 4:55-5:25 PM

Saturdays ~ 9:35-10:05AM

Stage 3

Mondays ~ 5:30-6:00 PM

Sept 4-Oct 23

ADULT GROUP LESSONS Ages 13+
\$65 Members / \$90 Non-Members

Wednesdays ~ 5:30 - 6:15 PM

SCHOOL AGE Ages 5-12

\$45 Members / \$60 Non-Members

Sept 9-Oct 15

Afterschool Stages 1 & 2*

Mondays ~ 3:45-4:15 PM

Afterschool Stages 3 & 4*

Tuesdays ~ 3:45-4:15 PM

Sept 7-Oct 19

Stage 1

Tuesdays ~ 4:20-4:50 PM

Saturdays ~ 10:10-10:40 AM

Stage 2

Tuesdays ~ 4:20-4:50 PM

Saturdays ~ 10:10-10:40 AM

Stage 3

Tuesdays ~ 4:55-5:25 PM

Saturdays ~ 10:45-11:15 AM

Stage 4

Tuesdays ~ 4:55-5:25 PM

Saturdays ~ 10:45-11:15 AM

Stage 5/6

Tuesdays ~ 5:30-6:00 PM

*Transportation from Spring Creek Elementary and Bridgewater Elementary is available.



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.