



# Fall 2 Session Swim Lessons

## Oct 28-Dec 16

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

Mondays ~ 4:20-4:50 PM

Saturdays ~ 9:00-9:30 AM

## Oct 28-Dec 16

**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

## Oct 30-Dec 18

**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

## Oct 28-Dec 17

### Afterschool Stages 1 & 2\*

Mondays ~ 3:45-4:45 PM

### Afterschool Stages 3 & 4\*

Tuesdays ~ 3:45-4:45 PM

## Oct 29-Dec 17

### 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.