

Swimming Lessons

Introduce your child to the joy of swimming or help them improve their technique in this fun and educational class.



Fall 1 - September 20, 2023 - October 25, 2023 (6 Weeks)

Registration starts:

Fall 1 YMCA Member Aug 14th / Community Member Aug 17th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
PRESCHOOL - 30 MIN (3 YRS-KINDERGARTEN)					
STAGE 1 WATER ACCLIMATION			5:00P, 5:45P &6:30P		
STAGE 2 WATER MOVEMENT			5:00P, 5:45P &6:30P		
STAGE 3 WATER STAMINA			5P, 5:45P &6:30P		
STAGE 4 STROKE INTRODUCTION					
SCHOOL AGE - 30 MIN (1ST GRADE-12 YEARS)					
STAGE 1 WATER ACCLIMATION			5:00P, 5:45P &6:30P		
STAGE 2 WATER MOVEMENT			5:00P, 5:45P &6:30P		
STAGE 3 WATER STAMINA			5:00P, 5:45P &6:30P		
STAGE 4 STROKE INTRODUCTION					