



STRONG SWIMMERS. CONFIDENT KIDS.

Fall Session II 2024

Week of October 28 - December 9

STAGE	Saturday	Monday	Tuesday	Wednesday	Thursday
SWIM STARTERS					
Water Discovery (A)	9:15-9:45am E		5:15-5:45pm E		5:15-5:45pm E
Water Exploration (B)	9:50-10:20am E				
PRE-SCHOOL					
Water Acclimation (1)	10:40-11:10am E		5:15-5:45pm E		
Water Movement (2)	10:40-11:10am E				5:15-5:45pm E
Water Stamina (3)	11:20-11:50am E	6:00-6:30pm E			
Stroke Introduction (4)	11:20am-12:00pm E				
SCHOOL AGE					
Water Acclimation (1)	9:15-9:45am A			6:00-6:30pm E	
Water Movement (2)	10:05-10:35am A			6:00-6:30pm E	
Water Stamina (3)	10:05-10:35am A	6:00-6:30pm E			
Stroke Introduction (4)	10:05-10:45am A				7:00-7:40pm E
Stroke Development (5)	9:15-9:55am A				
Stroke Mechanics (6)	9:15-9:55am A				
Level 5/ 6 Combined			7:00-7:40pm E		
KEY	E = Emerson Pool	A= AR Pool			

SWIM LESSON SELECTOR

All children are tested on the first day of classes, if your child needs to move to another class the instructor will inform you.

Under 3

If your child has never taken lessons at the Y before please sign them up for:
Swim Starters, Water Discovery (A/B)

Ages 3-5

If your child has never taken lessons at the Y before, please sign them up for:
Preschool Lessons, Water Acclimation (1)

Registration Information

YMCA Family Member

\$50 Registration opens October 2

YMCA Member

\$100 Registration opens October 9

General Public

\$150 Registration opens October 16

Y Members, please register in person to secure your priority spot/rate. Online registration will not be available until General Public registration opens. registration closes October 23.

Please note SWIM STARTERS is a caregiver / child program an adult must be in the water during lessons.