



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2024 Swim Lesson Schedule

Winter - January 27 through March 16    Spring - March 30 through May 18

Summer - June 15 through August 3    Fall - August 31 through October 19

Holiday - November 9 through December 28

\$80 for Members | \$120 for 3-month and Non-Members

### Parent/Caregiver & Child Classes (30 min)

A - Water Discovery

B - Water Exploration

Ages 6 Months - 3 Years

Takes place in the Therapy Pool

Introduces infants and toddlers  
to the aquatic environment

### Preschool Age Classes (30 min)

Stage 1 Water Acclimation

Stage 2 Water Movement

Stage 3 Water Stamina

Ages 3 Years - 5 Years

Takes place in the Therapy Pool

Increases comfort with underwater exploration

Encourages forward movement with help

Encourages independent forward movement

### School Age Classes (45 min)

Stage 1 Water Acclimation

Stage 2 Water Movement

Stage 3 Water Stamina

Stage 4 Stroke Introduction

Stage 5 Stroke Development

Stage 6 Stroke Mechanics

Ages 5 Years - 14 Years

Takes place in the Therapy Pool

Encourages forward movement with help

Encourages independent forward movement

Takes place in the Lap Pool

Increases independent forward movement

Introduces basic stroke technique

Introduces breaststroke and butterfly

Refines technique in all strokes

*\*Current sessions are scheduled for Saturday classes only \*All stages may not take place each session*

*\*All sessions are subject to change due to participation \*Aquatics Director retains the right to adjust dates*

*\*Classes may be added or cancelled due to registration numbers*

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The Waldo County YMCA is a 501 (c)(3) Charitable Organization

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