



GROWING CONFIDENCE IN THE WATER

Y Swim Lessons

PARENT-CHILD CLASSES ages 6 months-3 years

Swim Starters ages 6 months-3 yrs: Parents accompany child in the water to explore body position, floating, blowing bubbles and fundamental safety skills.

T/TH: 4:30 pm • SAT: 10:30 am

PRESCHOOL CLASSES ages 3-5

Stage 1: Through water exploration students learn to be comfortable, breath holding and basic safety skills.

M/W: 10:30 am, 3:30 pm • T/TH: 5:05 pm • SAT: 9:00 am

Stage 2: Begin to learn how to move in the water, float, change direction and exit safely. M/W: 11:05 am, 3:30pm, 4:05 pm

T/TH: 5:05 pm • SAT: 9:00 am

Stage 3: Learn to swim longer by swim-float-swim technique.

M/W: 4:05 pm • T/TH: 4:30 pm

Stage 4: Stroke tech on front and back, breaststroke and fly are introduced, begin to tread water.

M/W: 4:05 pm

SCHOOL AGE CLASSES ages 5-12

Stage 1: Through water exploration students learn to be comfortable, breath holding and basic safety skills.

M/W: 4:40 pm

Stage 2: Begin to learn how to move in the water, float, change direction and exit safely.

M/W: 4:40 pm, 5:30 pm • T/TH: 5:40 pm • SAT: 9:35 am

Stage 3: Learn to swim longer by swim-float-swim technique.

M/W: 4:40 pm • T/TH: 5:40 pm • SAT: 10:25 am

Stage 4: Stroke tech on front and back, intro to treading water

T/TH: 6:30 pm

Stage 5: Stroke refinement, intro to breaststroke & fly, endurance

M/W: 5:30 pm

ADULT CLASSES ages 13+

All Stages: All abilities are welcome in the adult classes. Get comfortable in the water and work on bettering your swimming.

T/TH: 6:30 pm • SAT: 9:35 am

WINTER PARK YMCA

Twice a week for four weeks or Saturdays.

Mondays/Wednesdays

April 3 – May 3

Register: MEM: Mar. 1 NON: Mar. 10

May 8 – June 2

Register: MEM: Apr. 1 NON: Apr. 10

Tuesdays/Thursdays

April 4 – May 4

Register: MEM: Mar. 1 NON: Mar. 10

May 9 – June 1

Register: MEM: Apr. 1 NON: Apr. 10

Saturdays

April 1 – April 22

Register: MEM: Mar. 1 NON: Mar. 10

April 29 – May 20

Register: MEM: Apr. 1 NON: Apr. 10

SESSION PRICING

Weekdays

MEM: \$75 NON: \$150

Saturdays

MEM: \$38 NON: \$75

Questions? Contact
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