



OVIEDO YMCA

APRIL 2018 SWIM ACADEMY



AGE

 **SWIM STARTERS**
6 months—3 years

 **PRESCHOOL**
3 years—5 years

 **SCHOOL AGE**
5 years—12 years

 **TEEN / ADULT**
12+ years

MON. / WED. LESSONS TUES. / THURS. LESSONS

SESSION DATES: APRIL 2 - APRIL 25

REGISTRATION DEADLINE: APRIL 9

Registration Fee: Y-Member: \$75 | Non-Member: \$150

SESSION DATES: APRIL 3 - APRIL 26

REGISTRATION DEADLINE: APRIL 9

Registration Fee: Y-Member: \$75 | Non-Member: \$150

Eight, 30 Minute Classes

Eight, 30 Minute Classes

Parent / Child-Water Exploration 5:45 PM

Eight, 30 Minute Classes

Stage 1—Water Acclimation 5:15 PM
 Stage 2—Water Movement 6:00 PM
 Stage 3—Water Stamina 4:30 PM | 5:15 PM

Eight, 30 Minute Classes

Stage 1—Water Acclimation 4:30 PM
 Stage 2—Water Movement 5:15 PM

Eight, 45 Minute Classes

Stage 1—Water Acclimation 5:00 PM
 Stage 3—Water Stamina 5:45 PM

Eight, 45 Minute Classes

Stage 2—Water Movement 5:00 PM
 Stage 4—Stroke Introduction 5:45 PM

Eight, 45 Minute Classes

Teen / Adult:
 Stage 1— Water Acclimation 5:45 PM

Eight, 45 Minute Classes



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SATURDAY LESSONS

SESSION DATES: MARCH 31 - APRIL 21
REGISTRATION DEADLINE: APRIL 9
Registration Fee: Y-Member: \$38 | Non-Member: \$75

SUNDAY LESSONS

SESSION DATES: APRIL 1 - APRIL 22
REGISTRATION DEADLINE: APRIL 9
Registration Fee: Y-Member: \$38 | Non-Member: \$75

Four, 30 Minute Classes
Parent / Child-Water Exploration 10:30 AM

Greyed out section.

Four, 30 Minute Classes
Stage 1—Water Acclimation 10:30 AM | 11:15 AM
Stage 3—Water Stamina 12:00 PM

Four, 30 Minute Classes
Stage 1—Water Acclimation 2:00 PM
Stage 3—Water Stamina 2:45 PM

Four, 45 Minute Classes
Stage 1—Water Acclimation 11:15 AM
Stage 3—Water Stamina 12:15 PM

Four, 45 Minute Classes
Stage 1—Water Acclimation 3:30 PM
Stage 3—Water Stamina 4:30 PM

Four, 45 Minute Classes
Teen / Adult:
Stage 3—Water Stamina 1:15 PM

Greyed out section.