




DOWNTOWN ORLANDO YMCA

SWIM ACADEMY CALENDAR 2018



AGE

 **SWIM STARTERS**
6 months—3 years

 **PRESCHOOL**
3 years—5 years

 **SCHOOL AGE**
5 years—12 years

 **TEEN / ADULT**
12+ years

SATURDAY LESSONS

SESSION DATES: APRIL 7 - MAY 5

Early Reg. Deadline - Mar. 25 Late Reg. Deadline- Apr. 6

Skip Healthy Kids Day - April 21

SESSION DATES: MAY 12 - JUNE 2

Early Reg. Deadline—Apr. 28 Late Reg. Deadline— May 5

Early Reg. Fee: Y-Member: \$38 | Non-Member: \$75

Late Reg. Fee: Y-Member: \$58 | Non-Member: \$95

MON / WED LESSONS

SESSION DATES: APRIL 2 - MAY 2

Early Reg. Deadline - Mar. 25 Late Reg. Deadline- Mar.29

Skip week of April 23-27

SESSION DATES: MAY 7 - 30

Early Reg. Deadline—Apr. 28 Late Reg. Deadline— May 5

Early Reg. Fee: Y-Member: \$75 | Non-Member: \$150

Late Reg. Fee: Y-Member: \$95 | Non-Member: \$170

TUES / THURS LESSONS

SESSION DATES: APRIL 3 - MAY 3

Early Reg. Deadline - Mar. 25 Late Reg. Deadline- Mar. 29

Skip week of April 23-27

SESSION DATES: MAY 8 - 31

Early Reg. Deadline—Apr. 28 Late Reg. Deadline— May 5

Early Reg. Fee: Y-Member: \$75 | Non-Member: \$150

Late Reg. Fee: Y-Member: \$95 | Non-Member: \$170

Four, 30 Minute Classes

Stage A / Stage B 9:00 AM

Four, 30 Minute Classes

Stage 1—Water Acclimation 11:15 AM
Stage 2—Water Movement 10:30 AM
Stage 3—Water Stamina 11:15 AM

Four, 45 Minute Classes

Stage 2—Water Movement 9:30 AM
Stage 4—Stroke Introduction 10:30 AM
Stage 6—Stroke Mechanics 9:45 AM

Four, 45 Minute Classes

Teen / Adult Intermediate 9:00 AM
Teen / Adult Beginner 11:45 AM

Eight, 30 Minute Classes

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

Eight, 45 Minute Classes

Stage 2—Water Movement 4:00 PM
Stage 3—Water Stamina 5:30 PM
Stage 4—Stroke Introduction 5:30 PM
Stage 6—Stroke Mechanics 4:45 PM

Eight, 30 Minute Classes

Stage 3—Water Stamina 4:30 PM

Eight, 45 Minute Classes

Stage 1—Water Acclimation 6:15 PM
Stage 5—Stroke Development 5:30 PM