



# OVIEDO YMCA – NOVEMBER

## 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

### SUNDAY LESSONS

**SESSION DATES: NOVEMBER 3rd –DECEMBER 1st**

**SESSION DATES: NOVEMBER 4th–December 2nd**

Registration Fee: Y–Member: \$38 | Non-Member: \$75

Registration Fee: Y–Member: \$38 | Non-Member: \$75

REGISTRATION DEADLINE NOVEMBER 3rd

REGISTRATION DEADLINE NOVEMBER 4th

Four, 30 Minute Classes		Four, 30 Minute Classes	
Parent/Child–Swim Starters	10:00 AM		
Four, 30 Minute Classes		Four, 30 Minute Classes	
Stage 1–Water Acclimation	10:45 AM	Stage 1–Water Acclimation	2:00 PM
Stage 2–Water Movement	11:15 AM	Stage 2–Water Movement	2:30 PM
Stage 3–Water Stamina	12:00 PM	Stage 3–Water Stamina	2:30 PM
Four, 45 Minute Classes		Four, 45 Minute Classes	
Stage 1–Water Acclimation	10:00 AM	Stage 1–Water Acclimation	3:15 PM
Stage 3–Water Stamina	10:45 AM	Stage 2–Water Movement	3:15 PM
Stage 4–Stroke Introduction	11:45 AM	Stage 3–Water Stamina	4:00 PM
Stage 5–Stroke Development	12:30 PM	Stage 4–Stroke Introduction	4:00 PM
Stage 6–Stroke Mechanics	1:15 PM		
Four, 45 Minute Classes		Four, 45 Minute Classes	
Teen / Adult Beginner	12:30 PM	Teen / Adult Beginner	1:00 PM



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MON / WED LESSONS	TUES / THURS LESSONS	MON - THUR TWO WEEK SESSIONS
SESSION DATES: NOV 5th-DEC 5th	SESSION DATES: NOV 6th-DEC 6th	SESSION DATES: NOV 5-15 SESSION DATES: NOV 19-29
Registration Fee: Y-Member: \$75 Non-Member: \$150	Registration Fee: Y-Member: \$75 Non-Member: \$150	Registration Fee: Y-Member: \$75 Non-Member: \$150
REGISTRATION DEADLINE NOV 5th	REGISTRATION DEADLINE NOV 6th	REGISTRATION DEADLINE NOV NOV 5th / NOV 19th

<b>Eight, 30 Minute Classes</b>	<b>Eight, 30 Minute Classes</b>	<b>Eight, 30 Minute Classes</b>
Stage 1-Water Acclimation 4:30 PM Stage 2-Water Movement 5:15 PM Stage 3-Water Stamina 4:00 PM	Stage 1-Water Acclimation 4:30 PM Stage 1-Water Acclimation 5:15 PM Stage 2-Water Movement 5:45 PM	No Classes Offered in Nov
<b>Eight, 45 Minute Classes</b>	<b>Eight, 45 Minute Classes</b>	
Stage 1-Water Acclimation 4:00 PM Stage 3-Water Stamina 5:00 PM Stage 4-Stroke Introduction 5:45 PM	Stage 2-Water Movement 4:00 PM Stage 4-Stroke Introduction 5:00 PM Stage 5-Stroke Development 5:45 PM	
<b>Eight, 45 Minute Classes</b>		
Teen / Adult Beginner 5:45 PM		