



GROWING CONFIDENCE IN THE WATER

Y Swim Lessons

2019 Spring Swim Academy WINTER PARK YMCA FAMILY CENTER

****No lessons:
Memorial Day Weekend, 5/25 & 5/27**

Registration begins March 12th

Monday & Wednesday (4 week session - 8 classes)		Tuesday & Thursday (4 week session - 8 classes)		Saturdays (Morning - 4 week session)	
SESSION DATES	Registration Deadline*	SESSION DATES	Registration Deadline*	SESSION DATES	Registration Deadline*
April 1-April 24 May 6-May 31	Mar 29 May 3	April 2-April 25 May 7-May 30	Mar 29 May 3	April 6-April 27 May 4-June 1	Mar 27 Apr 24
Preschool Lessons: Monday & Wednesday: Stage 1: 10:00 AM, 3:45 PM, 5:15 PM Stage 2: 3:45 PM or 5:15 PM Stage 3: 3:45 PM Stage 4: 3:45 PM Parent/Child: 10:40 AM		Preschool Lessons: Tuesday & Thursday: Stage 1, 2, 3, 4: 4:30 PM Parent/Child: 3:45 PM		Preschool Lessons: Saturday: Stage 1, 2, 3, 4: 8:30 AM Parent Child: 10:15 AM	
School Age: Monday & Wednesday: Stage 1,2,3: 4:30 PM Stage 4, 5, 6: 5:30 PM		School Age & Adult: Tuesday & Thursday: Stage 1, 2, 3: 5:15 PM Stage 4, 5, 6: 6:15 PM Teen/Adult Beginner: 6:15 PM		School Age & Adult: Saturday: Stage 1, 2, 3: 9:15 AM Stage 4, 5, 6: 10:15 AM Teen/Adult Beginner: 8 AM	
<u>Weekday - 8 classes</u> \$75 Members \$150 Non-Members		<u>Weekday - 8 classes</u> \$75 Members \$150 Non-Members		<u>Saturdays - 4 classes</u> \$38 Members \$75 Non-Members	

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1201 N. Lakemont Ave | Winter Park, FL 32792 | 407.644.1509 | myoungblood@cfymca.org

CLASSES	AGE	CLASS DESCRIPTION
Parent/Child Water Discovery	6 – 36 months	Parents accompany infants and toddlers in the water to explore the aquatic environment.
Parent/Child Water exploration	6 – 36 months	Parents accompany infants and toddlers in the water to explore body positions, floating, blowing bubbles, and fundamental safety skills
Preschool Stage 1 Water Acclimation	3 – 5 years	Through water exploration students learn to be comfortable, breath holding and basic safety skills.
Preschool Stage 2 Water Movement	3 – 5 years	Students begin to learn how to move in the water, float, change direction and exit safely.
Preschool Stage 3 Water Stamina	3 – 5 years	Students learn to swim longer by incorporating swim-float-swim technique.
Preschool Stage 4 Stroke Introduction	3 – 5 years	Stroke technique on front and back crawl, breaststroke and butterfly are introduced, begin to tread water.
School Age Stage 1 Water Acclimation	5 – 12 years	Through water exploration students learn to be comfortable, breath holding and basic safety skills.
School Age Stage 2 Water Movement	5 – 12 years	Students begin to learn how to move in the water, float, change direction and exit safely.
School Age Stage 3 Water Stamina	5 – 12 years	Students learn to swim longer by incorporating swim-float-swim technique.
School Age Stage 4 Stroke Introduction	5 – 12 years	Stroke technique on front and back crawl, breaststroke and butterfly are introduced, begin to tread water.
School Age Stage 5 Stroke Development	5 – 12 years	Continued work on technique in all competitive strokes and water safety.
School Age Stage 6 Stroke Mechanics	5 – 12 years	Refinement of competitive strokes and turns, endurance training and water safety. Preparation to join YCF recreational swim team.
Private Lessons & Semi Private Lessons	3+	Individually tailored learning through specific goals and learning outcomes. For all ages and abilities.

For more information, contact our Madalyn Youngblood.
myoungblood@cfymca.org | 407.644.1509
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