SWIM LESSONS
STRONG SWIMMERS | CONFIDENT KIDS

Select your stage and register today!

Parent & Child

A Water Discovery
Student not yet able to respond to verbal cues and jump on land.

B Water Exploration
Student not yet comfortable working with an instructor without a parent in the water.

Preschool

1 Water Acclimation
Student not yet able to go underwater voluntarily.

2 Water Movement
Student not yet able to do a front and back float on his or her own.

3 Water Stamina
Student not yet able to swim 10-15 yards on his or her front and back.

4 Stroke Introduction
Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

5 Stroke Development
Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

6 Stroke Mechanics
Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

Swim Basics
Recommended skills for all to have around water

Swim Strokes
Skills to support a healthy lifestyle

Private/Partner Lessons
Private/Partner lessons are a great option for those looking to catch up or get ahead. With Private Lessons you are able to select times and days that work well with you and your instructor. Each of these lessons are tailored to your individual needs; from floating on your back to dialing in butterfly.

8, 30 min lessons $200/$300
4, 30 min lessons $125/$188
1, 30 min lesson $40/$60

Group Lessons
Our swimming program is comprised of introductory parent/child classes and six different stages, ranging from Water Acclimation up to Stroke Mechanics. During swim lessons we focus on nurturing swimming skills, developing self-esteem and engaging in positive experiences.

Each package includes:
- 30 Minute Lessons for Parent/Child & Preschool
- 45 Minute Lessons for School Age & Teen/Adult

8 lessons $75/$150 4 lessons $38/$75

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Swim Lessons Schedule

Tues/Thurs  8 Lessons  06/04–06/27

Preschool Basics
Stage 1  Acclimation  10:30, 4:30 or 6:15
Stage 2  Movement  11:15, 4:30 or 6:15
Stage 3  Stamina  12:00, 4:30 or 6:30

School Age Basics
Stage 1  Acclimation  6:15
Stage 2  Movement  5:15
Stage 3  Stamina  5:30

Teen & Adult Basics
Stage 1  Acclimation  7:00

School Age Strokes
Stage 4  Introduction  4:30 or 5:15

School Age Strokes
Stage 5  Development  5:15 or 7:00
Stage 6  Mechanics  7:15

Mon/ Wed  8 Lessons  06/03–06/26

School Age Strokes
Stage 5/6  Mechanics  4:30

School Age Strokes
Aquatic Conditioning  5:30

Teen (12+) Strokes
Aquatic Conditioning  6:45  NEW!!!

Saturdays  4 Lessons  06/08–06/29

Parent/Child Starters
A  Discovery  10:15
B  Exploration  11:00

Preschool Basics
Stage 1  Acclimation  9:00 or 10:45
Stage 2  Movement  9:00 or 10:45
Stage 3  Stamina  9:00 or 11:00

School Age Basics
Stage 1  Acclimation  10:45
Stage 2  Movement  9:45
Stage 3  Stamina  10:00

Teen & Adult Basics
Stage 1  Acclimation  11:30

School Age Strokes
Stage 4  Introduction  9:00 or 9:45

School Age Strokes
Stage 5  Development  9:45 or 11:30
Stage 6  Mechanics  11:45

Upcoming Spring Session Start Dates

July Lessons – 07/08
August Lessons – 08/12
September Lessons – 09/09
October Lessons – 10/07
November – 11/04