



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

J. DOUGLAS WILLIAMS YMCA FAMILY CENTER JUNE/JULY 2019 SWIM ACADEMY SCHEDULE



Monday/Wednesday (8 classes) Evenings only | 4-week session

Session Dates: June 3 - 26
July 8 - 31
Deadline: May 30th
July 4th

Preschool (ages 3 to 5)
Stage 1 **Acclimation** 4:15 pm
Stage 1 **Acclimation** 6:15 pm
Stage 2 **Movement** 5:00 pm
Stage 2 **Movement** 6:45 pm
Stage 3 **Stamina** 5:30 pm

School Age (Kindergarten to age 12)
Stage 1 **Acclimation** 4:15 pm
Stage 1 **Acclimation** 6:00 pm
Stage 2 **Movement** 6:45 pm
Stage 3 **Stamina** 5:00 pm

Tuesday/Thursday (8 classes) Evenings only | 4-week session

Session Dates: June 4 - 27
July 9 - Aug 1
Deadline: May 30th
July 4th

Preschool (ages 3 to 5)
Stage 1 **Acclimation** 4:30 pm
Stage 1 **Acclimation** 6:15 pm
Stage 2 **Movement** 5:00 pm
Stage 4 **Introduction** 5:45 pm

School Age (Kindergarten to age 12)
Stage 2 **Movement** 5:15 pm
Stage 4 **Introduction** 6:00 pm
Stage 6 **Mechanics** 7:00 pm

Teen/Adult (ages 13+)
Stage 1 **Acclimation** 7:00 pm

Monday - Thursday (8 classes) Mornings only | 2-week session

Session Dates: June 3 - 13
June 17 - 27
July 8 - 18
July 22 - Aug 1
Deadline: May 30th
June 13th
July 4th
July 18th

Preschool (ages 3 to 5)
Stage 1 **Acclimation** 8:30 am
Stage 1 **Acclimation** 11:00 am
Stage 2 **Movement** 9:00 am
Stage 2 **Movement** 11:30 am
Stage 3 **Stamina** 9:45 am
Stage 4 **Introduction** 10:15 am

School Age (Kindergarten to age 12)
Stage 1 **Acclimation** 9:45 am
Stage 2 **Movement** 10:45 am
Stage 3 **Stamina** 11:30 am
Stage 4 **Introduction** 11:30 am
Stage 5 **Development** 9:00 am

Teen/Adult (ages 13+)
Stage 1 **Acclimation** 8:00 am

Saturdays (4 classes) Mornings | 2-week session

Session Dates: June 8 - 29
July 6 - 27
Deadline: June 6th
July 4th

Preschool (ages 3 to 5)
Stage 1 **Acclimation** 8:30am
Stage 1 **Acclimation** 10:15am
Stage 2 **Movement** 9:00am
Stage 2 **Movement** 11:30am
Stage 3 **Stamina** 9:45am

School Age (Kindergarten to age 12)
Stage 1 **Acclimation** 9:00am
Stage 1 **Acclimation** 11:45am
Stage 2 **Movement** 10:00am
Stage 2 **Movement** 11:45am
Stage 3 **Stamina** 10:45 am
Stage 4 **Introduction** 9:00 am
Stage 5 **Development** 10:00 am
Stage 6 **Mechanics** 10:45 am

Teen/Adult (ages 13+)
Stage 1 **Acclimation** 8:15 am

Group Lessons

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

About the Session:

Parent/Child & Preschool
30 minute lesson

School Age & Teen/Adult
45 minute lesson

Pricing per Session:

8 Lessons:
\$75 member / \$150 non-member

4 Lessons:
\$38 member / \$75 non-member

J. DOUGLAS WILLIAMS YMCA FAMILY CENTER

665 LONGWOOD LAKE MARY ROAD | LAKE MARY, FL 32746 | 407.321.8944 | TPatterson@cfymca.org

Text "@jdwyswim" to 81010 for weather updates