



# OVIEDO YMCA-June & July

## SWIM ACADEMY CALENDAR 2019



### Saturday Lessons

### Sunday Lessons

June Session Dates: June 1 - June 22

July Session Dates: June 29 - July 20

June Session Dates: June 2 - June 23

July Session Dates: July 30 - July 21

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

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

Registration: From Monday April 15th up to the day the lesson begins

### AGE



**SWIM STARTERS**  
6 months—3 years

#### Four, 30 Minute Classes

Parent/Child-Swim Starters 10:00 AM



**PRESCHOOL**  
3 years—5 years

#### Four, 30 Minute Classes

Pre-K Stage 1-Water Acclimation 10:45 AM  
Pre-K Stage 2-Water Movement 11:15 AM  
Pre-K Stage 3-Water Stamina 12:00 PM

#### Four, 30 Minute Classes

Pre-K Stage 1-Water Acclimation 1:45 PM  
Pre-K Stage 2-Water Movement 2:15 PM  
Pre-K Stage 3-Water Stamina 2:15 PM



**SCHOOL AGE**  
5 years—12 years

#### Four, 45 Minute Classes

Stage 1-Water Acclimation 10:00 AM  
Stage 2-Water Movement 10:00 AM  
Stage 3-Water Stamina 10:45 AM  
Stage 4-Stroke Introduction 11:45 AM  
Stage 5-Stroke Development 12:30 PM  
Stage 6-Stroke Mechanics 12:30 PM

#### Four, 45 Minute Classes

Stage 1-Water Acclimation (Stage 1+2 combined) 3:00 PM  
Stage 2-Water Movement (Stage 1+2 combined) 3:00 PM  
Stage 3-Water Stamina 3:00 PM  
Stage 4-Stroke Introduction 3:45 PM  
Stage 5-Stroke Development 3:45 PM  
Stage 6-Stroke Mechanics 3:45 PM



**TEEN / ADULT**  
12+ years

#### Four, 45 Minute Classes

Teen / Adult Beginner 12:30 PM



# OVIEDO YMCA-June & July

## SWIM ACADEMY CALENDAR 2019



### AGE

#### Monday/Wednesday Lessons

June Session: June 3-24  
July Session: July 1 - 22

Registration Fee: Y-Member: \$75  
Non-Member: \$150

#### Tuesday / Thursday Lessons

June Session: June 4-25  
July Session: June 20-July 20

Registration Fee: Y-Member: \$75  
Non-Member: \$150

#### Mon to Thurs 2 Week Lessons

June Session: Jun 3-13/Jun 17-27  
July Session: Jul 1-11/Jul 15-25

Registration Fee: Y-Member: \$75  
Non-Member: \$150

Registration: From Monday April 15th up to the day the lesson begins



**SWIM STARTERS**  
6 months—3 years

#### Eight, 30 Minute Classes

Parent/Child-Swim Starters 5:45 PM

#### Eight, 30 Minute Classes

Pre-K Stage 1-Water Acclimation 4:15 PM  
Pre-K Stage 1-Water Acclimation 4:45 PM  
Pre-K Stage 2-Water Movement 5:30 PM  
Pre-K Stage 3-Water Stamina 4:15 PM

#### Eight, 30 Minute Classes

Pre-K Stage 1-Water Acclimation 4:15 PM  
Pre-K Stage 1-Water Acclimation 4:45 PM  
Pre-K Stage 2-Water Movement 5:15 PM  
Pre-K Stage 3-Water Stamina 5:15 PM

#### Eight, 30 Minute Classes

Pre-K Stage 1-Water Acclimation 8:30 AM  
Pre-K Stage 1-Water Acclimation 9:45 AM  
Pre-K Stage 2-Water Movement 9:00 AM  
Pre-K Stage 3-Water Stamina 9:45 AM

#### Eight, 45 Minute Classes

Stage 3-Water Stamina 4:45 PM  
Stage 4-Stroke Introduction 4:45 PM  
Stage 4-Stroke Introduction 5:30 PM  
Stage 5-Stroke Development 5:30 PM

#### Eight, 45 Minute Classes

Stage 2-Water Movement 4:00 PM  
Stage 4-Stroke Introduction 5:00 PM  
Stage 5-Stroke Development 5:45 PM  
Stage 6-Stroke Mechanics 5:45 PM

#### Eight, 45 Minute Classes

Stage 1-Water Acclimation 8:30 AM  
Stage 2-Water Movement 8:30 AM  
Stage 3-Water Stamina 9:15 AM  
Stage 4-Stroke Introduction 9:15 AM



**TEEN / ADULT**  
12+ years