



SWIM FOR FUN. SWIM FOR YOUR LIFE.

JULY SWIM ACADEMY | OSCEOLA YMCA

YMCA Members

Sat: \$25 | Tue/Thur: \$50
Monday-Thursday: \$50

Non-Members

Sat: \$50 | Tue/Thur: \$100
Monday-Thursday: \$100

MONDAY-THURSDAY (8 Classes) 2 Weeks

Session 1 July 8-9-10-11, 15-16-17-18

Session 2 July 22-23-24-25, 29-30-31-Aug 1

TUESDAY/THURSDAY (8 Classes) 4 Weeks

July 9-11-16-18-23-25-30-Aug 1

Pre-School Stage 1	9:30am-10:00am
Pre-School Stage 2	9:30am-10:00am
School Age Stage 1	10:15am-11:00am
School Age Stage 2	10:15am-11:00am
School Age Stage 3	11:15am-12:00pm
School Age Stage 4	11:15am-12:00pm

Pre-School Stage 1	5:15pm-5:45pm	School Age Stage 2	4:15pm-5:00pm
Pre-School Stage 2	5:15pm-5:45pm	School Age Stage 3	4:15pm-5:00pm
Pre-School Stage 3	7:00pm-7:30pm	School Age Stage 3	6:00pm-6:45pm
Parent/Child Class	7:00pm-7:30pm	School Age Stage 4	6:00pm-6:45pm

SATURDAYS (4 Classes) July 13, 20, 27, Aug 3

Pre-School Stage 1	10:15am-10:45am	School Age Stage 1	9:15am-10:00am	School Age Stage 2	11:00am-11:45am
Pre-School Stage 2	10:15am-10:45am	School Age Stage 3	11:00am-11:45am	School Age Stage 3	12:45pm-1:30pm
Pre-School Stage 3	12:00pm-12:30pm	School Age Stage 4	9:15am-10:00am	School Age Stage 4	12:45pm-1:30pm
Pre-School Stage 1	12:00pm-12:30pm	Teen/Adult Beginner	9:15am-10:00am		

JUST ADD WATER

REGISTER NOW
SWIM LESSONS



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.

SCHOOL AGE, TEEN & ADULT

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 15 yards of front and back crawl.

5

Stroke Development



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

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

2117 W. Mabbette Street
Kissimmee, Florida 34741

For more information please call 407.847.7413