



# OVIEDO YMCA-July

## SWIM LESSON CALENDAR 2019



### Saturday Lessons Sunday Lessons

July Session Dates: June 29 - July 20


July Session Dates: July 30 - July 21

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

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Registration: Now 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
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**Four, 30 Minute Classes**

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 **PRESCHOOL**  
3 years—5 years

**Four, 30 Minute Classes**

Pre-K Stage 1-Water Acclimation	10:45 AM
Pre-K Stage 1-Water Acclimation	12:00 PM
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	1:30 PM
Stage 2-Water Movement	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
Teen / Adult Beginner	1:15 PM

**Four, 45 Minute Classes**

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# OVIEDO YMCA-July

## SWIM LESSON CALENDAR 2019



### AGE

#### Monday/Wednesday Lessons

#### Tuesday / Thursday Lessons

#### Mon to Thurs 2 Week Lessons

July Session: July 1 - July 24

July Session: July 2- July 25

July Session: Jul 1-11/Jul 15-25

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

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Non-Member: \$150

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Non-Member: \$150

Registration: Now 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 9:45 AM  
Pre-K Stage 2-Water Movement 9:15 AM  
Pre-K Stage 3-Water Stamina 9:15 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 2-Water Movement 8:30 AM  
Stage 2-Water Movement 8:30 AM  
Stage 3-Water Stamina 9:15 AM  
Stage 4-Stroke Introduction 9:15 AM



**PRESCHOOL**  
3 years—5 years



**SCHOOL AGE**  
5 years—12 years



**TEEN / ADULT**  
12+ years