



® SWIM FOR FUN. SWIM FOR YOUR LIFE.
SEPTEMBER SWIM ACADEMY | OSCEOLA YMCA

YMCA Members

Sat: \$25 | Mon/Wed: \$50

Non-Members

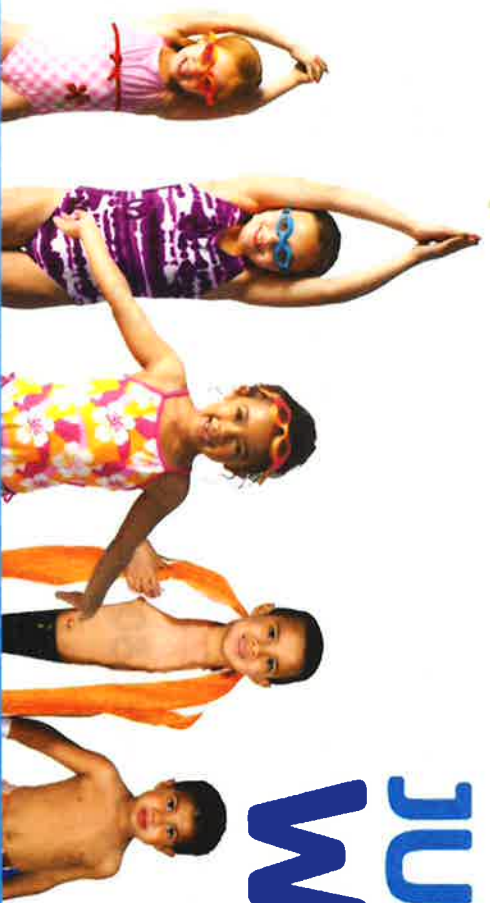
Sat: \$50 | Mon/Wed: \$100

Monday/Wednesday (8 Classes) 4 Weeks
September 9-11-16-18-23-25-30-Oct 1

SATURDAY (4 Classes)
September 7-14-21-28

Pre-School Stage 1	4:45pm – 5:15pm
Pre-School Stage 2	4:45pm – 5:15pm
Pre-School Stage 3	5:20pm – 5:50pm
Pre-School Stage 4	5:20pm – 5:50pm
School Age Stage 1	6:00pm – 6:45pm
School Age Stage 2	6:00pm – 6:45pm
School Age Stage 3	7:00pm – 7:45pm
School Age Stage 4	7:00pm – 7:45pm

Pre-School Stage 1	9:20am – 9:50am
Pre-School Stage 2	9:20am – 9:50am
Pre-School Stage 3	10:00am – 10:30am
Pre-School Stage 4	10:00am – 10:30am
School Age Stage 1	10:45am – 11:30am
School Age Stage 2	10:45am – 11:30am
School Age Stage 3	11:45am – 12:30pm
School Age Stage 4	11:45am – 12:30pm
Pre-School Stage 1	12:45pm – 1:15pm
Teen/Adult Beginners	12:45pm – 1:30pm



JUST ADD WATER

REGISTER NOW
SWIM
LESSONS

SCHOOL AGE, TEEN & ADULT

PARENT & CHILD

<p>A</p> <p>Water Discovery</p> <p>Student not yet able to respond to verbal cues and jump on land.</p>	<p>B</p> <p>Water Exploration</p> <p>Student not yet comfortable working with an instructor without a parent in the water.</p>	<p>1</p> <p>Water Acclimation</p> <p>Student not yet able to go underwater voluntarily.</p>	<p>2</p> <p>Water Movement</p> <p>Student not yet able to do a front and back float on his or her own.</p>	<p>3</p> <p>Water Skimming</p> <p>Student not yet able to swim 10-15 yards on his or her front and back.</p>	<p>4</p> <p>Stroke Introduction</p> <p>Student not yet able to swim 15 yards of front and back crawl.</p>	<p>5</p> <p>Stroke Development</p> <p>Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.</p>	<p>6</p> <p>Stroke Mechanics</p> <p>Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.</p>
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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