



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

J. DOUGLAS WILLIAMS YMCA FAMILY CENTER

FALL 2019 SWIM LESSON SCHEDULE



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

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|-----------------------|------------------|
| Session Dates: | Deadline: |
| Aug 5 - 28 | Aug 1st |
| Sep 2 - 25 | Aug 29th |
| Sep 30 - Oct 23 | Sep 26th |

Preschool (ages 3 to 5)

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|----------------------------|---------|
| Stage 1 Acclimation | 3:45 pm |
| Stage 2 Movement | 5:15 pm |
| Stage 3 Stamina | 6:30 pm |

School Age (Kindergarten to age 12)

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|----------------------------|---------|
| Stage 1 Acclimation | 5:45 pm |
| Stage 3 Stamina | 4:15 pm |

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

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|-----------------------|------------------|
| Session Dates: | Deadline: |
| Aug 6 - 29 | Aug 1st |
| Sep 3 - 26 | Aug 29th |
| Oct 1 - 24 | Sep 26th |

Preschool (ages 3 to 5)

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|-----------------------------|---------|
| Stage 1 Acclimation | 6:00 pm |
| Stage 2 Movement | 4:30 pm |
| Stage 4 Introduction | 6:30 pm |

School Age (Kindergarten to age 12)

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|-----------------------------|---------|
| Stage 2 Movement | 5:00 pm |
| Stage 4 Introduction | 6:00 pm |
| Stage 6 Mechanics | 7:00 pm |

Teen/Adult (ages 13+)

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|----------------------------|---------|
| Stage 1 Acclimation | 7:00 pm |
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Saturdays (4 classes) Mornings | 2-week session

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|-----------------------|------------------|
| Session Dates: | Deadline: |
| Aug 10 - 31 | Aug 8th |
| Sep 7 - 28 | Sep 5th |
| Oct 5 - 26 | Oct 3rd |

Preschool (ages 3 to 5)

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|-----------------------------|---------|
| Parent/Child (6-36mo) | 11:00am |
| Stage 1 Acclimation | 8:30am |
| Stage 2 Movement | 9:00am |
| Stage 2 Movement | 11:30am |
| Stage 3 Stamina | 9:45am |
| Stage 4 Introduction | 10:15am |

School Age (Kindergarten to age 12)

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|-----------------------------|----------|
| Stage 1 Acclimation | 10:00am |
| Stage 2 Movement | 9:00am |
| Stage 2 Movement | 11:30am |
| Stage 3 Stamina | 10:45 am |
| Stage 4 Introduction | 10:00 am |
| Stage 5 Development | 10:45 am |
| Stage 6 Mechanics | 11:30 am |

Teen/Adult (ages 13+)

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|----------------------------|---------|
| Stage 1 Acclimation | 8:15 am |
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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

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Text "@jdwyswim" to 81010 for weather updates