



AQUATICS

SUMMER PROGRAM SESSION:

June 15 – August 16, 2026 (8 weeks) unless stated in description

No classes June 29 – July 5, 2026

STAFF CONTACTS

APY – Leah Leonard Aquatics Director P 954.7640 E lleonard@ymcafoxcities.org

APY – Sarah McMillen Aquatics Coordinator P 954.7628 E smcmillen@ymcafoxcities.org

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NMY – Angie Kennedy Aquatics Director P 702.2326 E akennedy@ymcafoxcities.org

NMY – Nick Fraser Aquatics Coordinator P 886.2107 E nfraser@ymcafoxcities.org

Please note registration policies:

Due to high volume demand for Aquatic programs, we ask that you carefully review your cart for days/times and locations at checkout as changes due to errors can only be made if there are existing openings. Please note the following policies below.

Aquatic Program Registration Policies:

Prior to the first day of the session: If you withdraw from a program prior to the start of the first day of the session, the YMCA will issue a **credit voucher** for the class. The session generally begins on a Monday; all cancellations must be requested via email prior to Monday to receive credit. Credit vouchers expire one year from the issuing date. Refunds will only be issued for medical reasons, and a doctor's note must be provided to the program director.

After the start of the first day of the session: If you withdraw from a program after the session has begun, **no credit or refund will be given.** The session generally begins on a Monday; all cancellations must be requested via email prior to Monday. Refunds will only be issued for medical reasons, and a doctor's note must be provided to the program director.

Waitlists: If an opening is available in a waitlisted program, Aquatic Program Staff will notify you via email and will require a 24-hour time limit for response. If you do not respond within 24 hours, the Department will contact the next person on the waitlist for the opening. Please make sure that your email in your account is accurate.

Swim Level Evaluations: Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmers at an appropriate level.

PARENT AND CHILD SWIM CLASSES

PARENT AND CHILD STAGE A – WATER DISCOVERY (6 months–1 year old with an adult)

Prerequisites: be at least 6 months old by the first day of class. At least one adult must accompany each child. **Skills learned in this stage:** blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together, and skills are determined by age and developmental abilities.

PARENT AND CHILD STAGE B – WATER EXPLORATION (1–2 years old with an adult)

Prerequisites: be at least 1 year old by the first day of class. At least one adult must accompany each child. **Skills learned in this stage:** blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together, and skills are determined by age and developmental abilities.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|------|--------------------|-----|----------|----------|----------|----------------|
| Parent and Child Stage A Water Discovery Stage B Water Exploration | APY | 6 months – 2 years | T | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | APY | 6 months – 2 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | FWY | 6 months – 2 years | M | 10:15 AM | 10:45 AM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | FWY | 6 months – 2 years | T | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | FWY | 6 months – 2 years | TH | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | HVY | 6 months – 2 years | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | HVY | 6 months – 2 years | T | 9:45 AM | 10:15 AM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | HVY | 6 months – 2 years | T | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | HVY | 6 months – 2 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | HVY | 6 months – 2 years | TH | 9:10 AM | 9:40 AM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | HVY | 6 months – 2 years | TH | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | NMY | 6 months – 2 years | T | 3:55 PM | 4:25 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | NMY | 6 months – 2 years | W | 4:30 PM | 5:00 PM | \$49 | \$97 |
| Parent and Child Stage A Water Discovery Stage B Water Exploration | NMY | 6 months – 2 years | W | 5:40 PM | 6:10 PM | \$49 | \$97 |

PARENT AND CHILD STAGE C – WATER INDEPENDENCE (2–3 years old with an adult)

Prerequisites: Completion of Stage B, Water Exploration prior to Stage C is recommended. At least one adult must accompany each child and child must be able to stand in the shallow end of the pool at 2'6".

Skills learned in this stage: submerge independently, front, and back float with assistance, front and back glide with assistance, roll assisted, jump in with assistance.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|-------------|-----|----------|----------|----------|----------------|
| Parent and Child Stage C Water Independence | APY | 2 - 3 years | T | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | APY | 2 - 3 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | FWY | 2 - 3 years | M | 10:50 AM | 11:20 AM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | FWY | 2 - 3 years | T | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | FWY | 2 - 3 years | TH | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | HVY | 2 - 3 years | T | 5:45 PM | 6:15 PM | \$49 | \$97 |

| | | | | | | | |
|--|-----|-------------|----|---------|----------|------|------|
| Parent and Child Stage C Water Independence | HVY | 2 - 3 years | W | 9:45 AM | 10:15 AM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | HVY | 2 - 3 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | HVY | 2 - 3 years | TH | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | NMY | 2 - 3 years | T | 5:05 PM | 5:35 PM | \$49 | \$97 |
| Parent and Child Stage C Water Independence | NMY | 2 - 3 years | W | 3:55 PM | 4:25 PM | \$49 | \$97 |

PRESCHOOL SWIM PROGRAM AGES 3 - 5 YEARS OLD

Swim Level Evaluations: Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmers at an appropriate level.

PRESCHOOL STAGE 1 – WATER ACCLIMATION (3-5 years)

Prerequisites: Completion of Stage C prior to Stage 1 is recommended. Child must be at least 3 years old and able to stand in the shallow end of the pool at 2'6".

Skills learned in this stage: submerge independently, front float independently for 5 seconds, back float with flotation 5 seconds, front and back glide with flotation 5 feet, roll assisted, jump in the pool with assistance.

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|-------------|-----|----------|----------|----------|----------------|
| Preschool Stage 1 Water Acclimation Small Group Lesson | APY | 3 - 5 years | M | 10:05 AM | 10:35 AM | \$76 | \$144 |
| Preschool Stage 1 Water Acclimation Group Lesson | APY | 3 - 5 years | M | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | APY | 3 - 5 years | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | APY | 3 - 5 years | T | 10:05 AM | 10:35 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | APY | 3 - 5 years | T | 4:00 PM | 4:35 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Small Group Lesson | APY | 3 - 5 years | T | 4:35 PM | 5:05 PM | \$76 | \$144 |
| Preschool Stage 1 Water Acclimation Group Lesson | APY | 3 - 5 years | W | 9:30 AM | 10:00 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | APY | 3 - 5 years | W | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | APY | 3 - 5 years | TH | 10:40 AM | 11:10 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Small Group Lesson | APY | 3 - 5 years | TH | 4:00 PM | 4:35 PM | \$76 | \$144 |
| Preschool Stage 1 Water Acclimation Group Lesson | APY | 3 - 5 years | TH | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | M | 9:05 AM | 9:35 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | M | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | T | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | W | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | TH | 8:30 AM | 9:00 AM | \$49 | \$97 |

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|--|-----|-------------|------|----------|----------|------|------|
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | TH | 9:40 AM | 10:10 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | FWY | 3 - 5 years | TH | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | M | 9:10 AM | 9:40 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | M | 10:20 AM | 10:50 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | M | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | M | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | T | 9:10 AM | 9:40 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | T | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | T | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | W | 9:10 AM | 9:40 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | W | 10:20 AM | 10:50 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | W | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | W | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | TH | 9:45 AM | 10:15 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | TH | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | HVY | 3 - 5 years | TH | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson July 13 - July 23 | NMY | 3 - 5 years | M-TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson July 27 - August 6 | NMY | 3 - 5 years | M-TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson June 15 - June 25 | NMY | 3 - 5 years | M-TH | 11:15 AM | 11:45 AM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson June 15 - June 25 | NMY | 3 - 5 years | M-TH | 11:50 AM | 12:20 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | NMY | 3 - 5 years | M | 4:30 PM | 5:00 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | NMY | 3 - 5 years | M | 5:05 PM | 5:35 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | NMY | 3 - 5 years | T | 4:30 PM | 5:00 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | NMY | 3 - 5 years | T | 5:40 PM | 6:10 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | NMY | 3 - 5 years | W | 5:05 PM | 5:35 PM | \$49 | \$97 |
| Preschool Stage 1 Water Acclimation Group Lesson | NMY | 3 - 5 years | TH | 5:05 PM | 5:35 PM | \$49 | \$97 |

PRESCHOOL STAGE 2 – WATER MOVEMENT (3-5 years)

Prerequisites: submerge independently, front float independently for 5 seconds, back float with flotation 5 seconds, front and back glide with flotation 5 feet, roll assisted, jump in the pool with assistance.

Skills learned in this stage: submerge and look at object, front and back float independently for 10 seconds, front and back glides with kicks for 5 feet, front crawl for 5 coordinated arm strokes, finning and kicking on back for 5 feet, jump in pool independently, roll from front to back and back to front without help, introduction to treading water, swim 15 feet using the swim-float-swim sequence.

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|-------------|-----|----------|----------|----------|----------------|
| Preschool Stage 2 Water Movement Group Lesson | APY | 3 - 5 years | M | 10:40 AM | 11:10 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | APY | 3 - 5 years | M | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Small Group Lesson | APY | 3 - 5 years | M | 4:35 PM | 5:05 PM | \$76 | \$144 |
| Preschool Stage 2 Water Movement Group Lesson | APY | 3 - 5 years | M | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Small Group Lesson | APY | 3 - 5 years | T | 10:40 AM | 11:10 AM | \$76 | \$144 |
| Preschool Stage 2 Water Movement Group Lesson | APY | 3 - 5 years | T | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | APY | 3 - 5 years | W | 11:15 AM | 11:45 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | APY | 3 - 5 years | W | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | APY | 3 - 5 years | W | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Small Group Lesson | APY | 3 - 5 years | TH | 10:05 AM | 10:35 AM | \$76 | \$144 |
| Preschool Stage 2 Water Movement Group Lesson | APY | 3 - 5 years | TH | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | M | 8:30 AM | 9:00 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | M | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | M | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | T | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | T | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | W | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | TH | 9:05 AM | 9:35 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | FWY | 3 - 5 years | TH | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | HVY | 3 - 5 years | M | 9:10 AM | 9:40 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | HVY | 3 - 5 years | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | HVY | 3 - 5 years | T | 9:45 AM | 10:15 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | HVY | 3 - 5 years | T | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | HVY | 3 - 5 years | W | 4:35 PM | 5:05 PM | \$49 | \$97 |

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|--|-----|-------------|------|----------|----------|------|------|
| Preschool Stage 2 Water Movement Group Lesson | HVY | 3 - 5 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | HVY | 3 - 5 years | TH | 10:20 AM | 10:50 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | HVY | 3 - 5 years | TH | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson June 15 – June 25 | NMY | 3 - 5 years | M-TH | 11:15 AM | 11:45 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson July 13 – July 23 | NMY | 3 - 5 years | M-TH | 11:25 AM | 11:55 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson July 27 – August 7 | NMY | 3 - 5 years | M-TH | 11:25 AM | 11:55 AM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | NMY | 3 - 5 years | M | 4:30 PM | 5:00 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | NMY | 3 - 5 years | M | 5:05 PM | 5:35 PM | \$49 | \$97 |
| Preschool Stage 2 Water Movement Group Lesson | NMY | 3 - 5 years | TH | 4:30 PM | 5:00 PM | \$49 | \$97 |

PRESCHOOL STAGE 3 – WATER STAMINA (3-5 years)

Prerequisites: submerge and look at object, front and back float independently for 10 seconds, front and back glides with kicks for 5 feet, front crawl for 5 coordinated arm strokes, finning and kicking on back for 5 feet, jump in pool independently, roll from front to back and back to front without help, introduction to treading water, swim 15 feet using the swim-float-swim sequence.

Skills learned in this stage: retrieve object from chest-deep water, front glide for 5 yards, rotary breathing with flotation for 10 yards, front crawl with rhythmic breathing for 10 yards with overarm stroke, back glide for 5 yards, back crawl for 10 yards, jump in deep water independently, tread water for 30 seconds, swim 15 yards using the swim-float-swim sequence.

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|------|-------------|------|----------|----------|----------|----------------|
| Preschool Stage 3 Water Stamina Group Lesson | APY | 3 - 5 years | M | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson | APY | 3 - 5 years | T | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson | APY | 3 - 5 years | W | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Small Group Lesson | APY | 3 - 5 years | TH | 5:10 PM | 5:40 PM | \$76 | \$144 |
| Preschool Stage 3 Water Stamina Group Lesson | FWY | 3 - 5 years | M | 9:40 AM | 10:10 AM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson | FWY | 3 - 5 years | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson | FWY | 3 - 5 years | M | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Small Group Lesson | FWY | 3 - 5 years | W | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Small Group Lesson | FWY | 3 - 5 years | TH | 10:15 AM | 10:45 AM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson | HVY | 3 - 5 years | T | 4:35 PM | 5:05 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson | HVY | 3 - 5 years | TH | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson June 15 – June 25 | NMY | 3 - 5 years | M-TH | 11:50 AM | 12:20 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson July 13 – July 23 | NMY | 3 - 5 years | M-TH | 12:00 PM | 12:30 PM | \$49 | \$97 |

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|--|-----|-------------|------|----------|----------|------|------|
| Preschool Stage 3 Water Stamina Group Lesson July 27 – August 6 | NMY | 3 - 5 years | M-TH | 12:00 PM | 12:30 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson | NMY | 3 - 5 years | M | 5:40 PM | 6:10 PM | \$49 | \$97 |
| Preschool Stage 3 Water Stamina Group Lesson | NMY | 3 - 5 years | TH | 5:40 PM | 6:10 PM | \$49 | \$97 |

PRESCHOOL STAGE 4 – STROKE INTRODUCTION (3-5 years)

Prerequisites: retrieve object from chest-deep water, front glide for 5 yards, rotary breathing with flotation for 10 yards, front crawl with rhythmic breathing for 10 yards with overarm stroke, back glide for 5 yards, back crawl for 10 yards, jump in deep water independently, tread water for 30 seconds, swim 15 yards using the swim-float-swim sequence.

Skills learned in this stage: front glide for 15 yards, rotary breathing with flotation for 25 yards, front crawl with rotary breathing for 15 yards, back glide for 15 yards, back crawl for 15 yards, elementary backstroke for 15 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 25 yards, sitting dive (APY/NMY only).

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|------|-------------|------|----------|----------|----------|----------------|
| Preschool Stage 4 Stroke Introduction Small Group Lesson | APY | 3 - 5 years | W | 4:00 PM | 4:30 PM | \$76 | \$144 |
| Preschool Stage 4 Stroke Introduction Group Lesson | APY | 3 - 5 years | TH | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 4 Stroke Introduction Group Lesson | FWY | 3 - 5 years | M | 8:30 AM | 9:00 AM | \$49 | \$97 |
| Preschool Stage 4 Stroke Introduction Group Lesson | FWY | 3 - 5 years | TH | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Preschool Stage 4 Stroke Introduction Group Lesson July 13 – July 23 | NMY | 3 - 5 years | M-TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| Preschool Stage 4 Stroke Introduction Group Lesson July 27 – August 7 | NMY | 3 - 5 years | M-TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| Preschool Stage 4 Stroke Introduction Group Lesson | NMY | 3 - 5 years | M | 5:40 PM | 6:10 PM | \$49 | \$97 |

SCHOOL AGE SWIM PROGRAM AGES 6–12 YEARS OLD

Swim Level Evaluations: Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmers at an appropriate level.

SCHOOL AGE STAGE 1 – WATER ACCLIMATION (6-12 years)

Prerequisites: child must be at least 6 years old.

Skills learned in this stage: submerge independently, front and back float independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, tread water for 10 seconds.

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|--------------|-----|----------|----------|----------|----------------|
| School Age Stage 1 Water Acclimation Group Lesson | APY | 6 - 12 years | M | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | APY | 6 - 12 years | T | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | APY | 6 - 12 years | W | 10:40 AM | 11:10 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Small Group Lesson | APY | 6 - 12 years | W | 4:35 PM | 5:05 PM | \$76 | \$144 |
| School Age Stage 1 Water Acclimation Group Lesson | APY | 6 - 12 years | TH | 9:30 AM | 10:00 AM | \$49 | \$97 |

| | | | | | | | |
|---|-----|--------------|------|----------|----------|------|------|
| School Age Stage 1 Water Acclimation Group Lesson | APY | 6 - 12 years | TH | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | FWY | 6 - 12 years | M | 10:50 AM | 11:20 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | FWY | 6 - 12 years | M | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | FWY | 6 - 12 years | T | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | FWY | 6 - 12 years | T | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | FWY | 6 - 12 years | W | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | FWY | 6 - 12 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | FWY | 6 - 12 years | TH | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | FWY | 6 - 12 years | TH | 8:30 AM | 9:00 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | M | 9:45 AM | 10:15 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | M | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | M | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | T | 10:20 AM | 10:50 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | T | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | T | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | W | 9:10 AM | 9:40 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | W | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | TH | 10:20 AM | 10:50 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | TH | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | HVY | 6 - 12 years | TH | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson July 13 – July 23 | NMY | 6 - 12 years | M-TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson July 27 – August 7 | NMY | 6 - 12 years | M-TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson June 15 – June 25 | NMY | 6 - 12 years | M-TH | 11:15 AM | 11:45 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson July 13 – July 24 | NMY | 6 - 12 years | M-TH | 11:25 AM | 11:55 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson July 27 – August 7 | NMY | 6 - 12 years | M-TH | 11:25 AM | 11:55 AM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | NMY | 6 - 12 years | M | 4:30 PM | 5:00 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | NMY | 6 - 12 years | T | 5:40 PM | 6:10 PM | \$49 | \$97 |
| School Age Stage 1 Water Acclimation Group Lesson | NMY | 6 - 12 years | W | 5:40 PM | 6:10 PM | \$49 | \$97 |

SCHOOL AGE STAGE 2 – WATER MOVEMENT (6-12 years)

Prerequisites: submerge independently, front and back float independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, tread water for 10 seconds.

Skills learned in this stage: submerge and look at object, front and back float independently 10 seconds, front and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread water 30 seconds, swim 15 feet using the swim-float-swim sequence.

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|------|--------------|------|----------|----------|----------|----------------|
| School Age Stage 2 Water Movement Group Lessons | APY | 6 - 12 years | M | 11:15 AM | 11:45 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Small Group Lesson | APY | 6 - 12 years | M | 4:00 PM | 4:30 PM | \$76 | \$144 |
| School Age Stage 2 Water Movement Group Lesson | APY | 6 - 12 years | T | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | APY | 6 - 12 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Small Group Lesson | APY | 6 - 12 years | TH | 11:15 AM | 11:45 AM | \$76 | \$144 |
| School Age Stage 2 Water Movement Group Lesson | APY | 6 - 12 years | TH | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | FWY | 6 - 12 years | M | 9:05 AM | 9:35 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | FWY | 6 - 12 years | M | 10:15 AM | 10:45 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | FWY | 6 - 12 years | M | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | FWY | 6 - 12 years | T | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | FWY | 6 - 12 years | W | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | FWY | 6 - 12 years | TH | 9:05 AM | 9:35 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | FWY | 6 - 12 years | TH | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | M | 10:20 AM | 10:50 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | M | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | T | 9:10 AM | 9:40 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | T | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | W | 10:20 AM | 10:50 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | W | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | TH | 9:45 AM | 10:15 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | TH | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | HVY | 6 - 12 years | TH | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson June 15 – June 25 | NMY | 6 - 12 years | M-TH | 11:15 AM | 11:45 AM | \$49 | \$97 |

| | | | | | | | |
|--|-----|--------------|------|----------|----------|------|------|
| School Age Stage 2 Water Movement Group Lesson July 13 – July 23 | NMY | 6 - 12 years | M-TH | 11:25 AM | 11:55 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson July 27 – August 7 | NMY | 6 - 12 years | M-TH | 11:25 AM | 11:55 AM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson July 13 – July 23 | NMY | 6 - 12 years | M-TH | 12:00 PM | 12:30 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson July 27 – August 7 | NMY | 6 - 12 years | M-TH | 12:00 PM | 12:30 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | NMY | 6 - 12 years | M | 5:05 PM | 5:35 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | NMY | 6 - 12 years | T | 5:05 PM | 5:35 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | NMY | 6 - 12 years | W | 4:30 PM | 5:00 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | NMY | 6 - 12 years | TH | 4:30 PM | 5:00 PM | \$49 | \$97 |
| School Age Stage 2 Water Movement Group Lesson | NMY | 6 - 12 years | TH | 5:40 PM | 6:10 PM | \$49 | \$97 |

SCHOOL AGE STAGE 3 – WATER STAMINA (6-12 years)

Prerequisites: submerge and look at object, front and back float independently for 10 seconds, front and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread water 30 seconds, swim 15 feet using the swim-float-swim sequence.

Skills learned in this stage: retrieve object from chest-deep water, rotary breathing with flotation for 25 yards, front crawl with rhythmic breathing for 15 yards with overarm stroke, back crawl for 15 yards, tread water for 1 minutes, jump in deep water and swim 25 yards using the swim-float- swim sequence.

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|--------------|-----|----------|----------|----------|----------------|
| School Age Stage 3 Water Stamina Small Group Lesson | APY | 6 - 12 years | M | 4:35 PM | 5:05 PM | \$76 | \$144 |
| School Age Stage 3 Water Stamina Small Group Lesson | APY | 6 - 12 years | T | 11:15 AM | 11:45 AM | \$76 | \$144 |
| School Age Stage 3 Water Stamina Group Lesson | APY | 6 - 12 years | T | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | APY | 6 - 12 years | T | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | APY | 6 - 12 years | W | 10:05 AM | 10:35 AM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | APY | 6 - 12 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Small Group Lesson | APY | 6 - 12 years | TH | 5:10 PM | 5:40 PM | \$76 | \$144 |
| School Age Stage 3 Water Stamina Group Lesson | FWY | 6 - 12 years | M | 9:40 AM | 10:10 AM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | FWY | 6 - 12 years | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | FWY | 6 - 12 years | T | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | FWY | 6 - 12 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | FWY | 6 - 12 years | W | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | FWY | 6 - 12 years | TH | 9:40 AM | 10:10 AM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | FWY | 6 - 12 years | TH | 5:10 PM | 5:40 PM | \$49 | \$97 |

| | | | | | | | |
|---|-----|--------------|------|----------|----------|------|------|
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | M | 9:45 AM | 10:15 AM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | M | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | M | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | T | 10:20 AM | 10:50 AM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | T | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | T | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | W | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | W | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | TH | 9:10 AM | 9:40 AM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | TH | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | HVY | 6 - 12 years | TH | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson June 15 – June 25 | NMY | 6 - 12 years | M-TH | 11:50 AM | 12:20 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson July 13 – July 23 | NMY | 6 - 12 years | M-TH | 12:00 PM | 12:30 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson July 27 – August 7 | NMY | 6 - 12 years | M-TH | 12:00 PM | 12:30 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | NMY | 6 - 12 years | M | 4:30 PM | 5:00 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | NMY | 6 - 12 years | T | 4:30 PM | 5:00 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | NMY | 6 - 12 years | W | 5:05 PM | 5:35 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | NMY | 6 - 12 years | TH | 4:30 PM | 5:00 PM | \$49 | \$97 |
| School Age Stage 3 Water Stamina Group Lesson | NMY | 6 - 12 years | TH | 5:40 PM | 6:10 PM | \$49 | \$97 |

SCHOOL AGE STAGE 4 – STROKE INTRODUCTION (6-12 years)

Prerequisites: retrieve object from chest-deep water, rotary breathing with flotation for 25 yards, front crawl with rhythmic breathing for 15 yards with overarm stroke, back crawl for 15 yards, tread water for 1 minutes, jump in deep water and swim 25 yards using the swim-float-swim sequence.

Skills learned in this stage: front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives (APY/NMY only)

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|--------------|-----|---------|---------|----------|----------------|
| School Age Stage 4 Stroke Introduction Group Lesson | APY | 6 - 12 years | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | APY | 6 - 12 years | T | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | APY | 6 - 12 years | T | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Small Group Lesson | APY | 6 - 12 years | TH | 4:35 PM | 5:05 PM | \$76 | \$144 |
| School Age Stage 4 Stroke Introduction Group Lesson | FWY | 6 - 12 years | M | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | FWY | 6 - 12 years | M | 5:45 PM | 6:15 PM | \$49 | \$97 |

| | | | | | | | |
|--|-----|--------------|------|----------|----------|------|------|
| School Age Stage 4 Stroke Introduction Group Lesson | FWY | 6 - 12 years | T | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | FWY | 6 - 12 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | FWY | 6 - 12 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | FWY | 6 - 12 years | TH | 10:15 AM | 10:45 AM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | FWY | 6 - 12 years | TH | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | HVY | 6 - 12 years | M | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | HVY | 6 - 12 years | M | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | HVY | 6 - 12 years | T | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | HVY | 6 - 12 years | W | 9:45 AM | 10:15 AM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | HVY | 6 - 12 years | W | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | HVY | 6 - 12 years | TH | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson July 13 – July 23 | NMY | 6 - 12 years | M-TH | 10:50 AM | 11:20 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson July 27 – August 7 | NMY | 6 - 12 years | M-TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson June 15 – June 25 | NMY | 6 - 12 years | M-TH | 11:50 AM | 12:20 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | NMY | 6 - 12 years | M | 5:05 PM | 5:35 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | NMY | 6 - 12 years | T | 5:40 PM | 6:10 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | NMY | 6 - 12 years | W | 5:40 PM | 6:10 PM | \$49 | \$97 |
| School Age Stage 4 Stroke Introduction Group Lesson | NMY | 6 - 12 years | TH | 5:05 PM | 5:35 PM | \$49 | \$97 |

SCHOOL AGE STAGE 5 – STROKE DEVELOPMENT (6-12 years)

Prerequisites: front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives (APY/NMY only)

Skills learned in this stage: front crawl for 50 yards, back crawl for 50 yards, breaststroke kick for 15 yards, breaststroke arm pull for 15 yards, coordinated breaststroke for 25 yards, dolphin kick for 15 yards, introduction to scissors kick, endurance swim for 100 yards, kneeling dive (APY/NMY only)

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|------|--------------|-----|----------|----------|----------|----------------|
| School Age Stage 5 Stroke Development Small Group Lesson | APY | 6 - 12 years | M | 4:35 PM | 5:05 PM | \$76 | \$144 |
| School Age Stage 5 Stroke Development Group Lesson | APY | 6 - 12 years | T | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | APY | 6 - 12 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | APY | 6 - 12 years | TH | 4:00 PM | 4:30 PM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | FWY | 6 - 12 years | M | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | FWY | 6 - 12 years | TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | FWY | 6 - 12 years | TH | 6:20 PM | 6:50 PM | \$49 | \$97 |

| | | | | | | | |
|---|-----|--------------|------|----------|----------|------|------|
| School Age Stage 5 Stroke Development Group Lesson | HVY | 6 - 12 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | HVY | 6 - 12 years | TH | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson July 13 – July 23 | NMY | 6 - 12 years | M-TH | 11:25 AM | 11:55 AM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson July 27 – August 7 | NMY | 6 - 12 years | M-TH | 11:25 AM | 11:55 AM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | NMY | 6 - 12 years | T | 4:30 PM | 5:00 PM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | NMY | 6 - 12 years | W | 5:05 PM | 5:35 PM | \$49 | \$97 |
| School Age Stage 5 Stroke Development Group Lesson | NMY | 6 - 12 years | TH | 5:05 PM | 5:35 PM | \$49 | \$97 |

SCHOOL AGE STAGE 6 – STROKE MECHANICS (6-12 years)

Prerequisites: front crawl for 50 yards, back crawl for 50 yards, breaststroke kick for 15 yards, breaststroke arm pull for 15 yards, coordinated breaststroke for 25 yards, dolphin kick for 15 yards, introduction to scissors kick, endurance swim for 100 yards, kneeling dive (APY/NMY only)

Skills learned in this stage: front crawl with open turns for 100 yards, back crawl with open turns for 100 yards, breaststroke with open turns for 50 yards, butterfly arms for 15 yards, butterfly for 15 yards, individual medley 100 yards with open turns, sidestroke for 25 yards, endurance swim for 150 yards.

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 children

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|--------------|------|----------|----------|----------|----------------|
| School Age Stage 6 Stroke Mechanics Small Group Lesson | APY | 6 - 12 years | M | 4:00 PM | 4:30 PM | \$76 | \$144 |
| School Age Stage 6 Stroke Mechanics Group Lesson | APY | 6 - 12 years | T | 4:35 PM | 5:05 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson | APY | 6 - 12 years | W | 5:10 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson | APY | 6 - 12 years | TH | 5:45 PM | 6:15 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson | FWY | 6 - 12 years | M | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson | FWY | 6 - 12 years | TH | 10:50 AM | 11:20 AM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson | FWY | 6 - 12 years | TH | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson | HVY | 6 - 12 years | T | 6:20 PM | 6:50 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson July 13 – July 23 | NMY | 6 - 12 years | M-TH | 12:00 PM | 12:30 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson July 27 – August 7 | NMY | 6 - 12 years | M-TH | 12:00 PM | 12:30 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson | NMY | 6 - 12 years | M | 5:40 PM | 6:10 PM | \$49 | \$97 |
| School Age Stage 6 Stroke Mechanics Group Lesson | NMY | 6 - 12 years | W | 4:30 PM | 5:00 PM | \$49 | \$97 |

PRIVATE AND SEMI-PRIVATE SWIM LESSONS (APY, FWY, NMY)

We offer private swim lessons, ages 5 and older, and all abilities. Please contact your local YMCA Aquatics Department for more information and availability.

SWIM BOOSTERS (HVY)

Swim Boosters are single, one-time private swimming lessons designed to focus on a specific skill or area of need. This option is ideal for swimmers who would benefit from short, targeted, individualized instruction. Swim Boosters may be used to reinforce a skill taught in group lessons, work through a challenge, or build confidence and stamina.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|------------------------|------|--------------|-----|---------|---------|----------|----------------|
| Swim Booster – June 1 | HVY | 3 - 12 years | M | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – June 1 | HVY | 3 - 12 years | M | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – June 1 | HVY | 3 - 12 years | M | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – June 1 | HVY | 3 - 12 years | M | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – June 1 | HVY | 3 - 12 years | M | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – June 2 | HVY | 3 - 12 years | T | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – June 2 | HVY | 3 - 12 years | T | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – June 2 | HVY | 3 - 12 years | T | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – June 2 | HVY | 3 - 12 years | T | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – June 2 | HVY | 3 - 12 years | T | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – June 3 | HVY | 3 - 12 years | W | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – June 3 | HVY | 3 - 12 years | W | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – June 3 | HVY | 3 - 12 years | W | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – June 3 | HVY | 3 - 12 years | W | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – June 3 | HVY | 3 - 12 years | W | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – June 4 | HVY | 3 - 12 years | TH | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – June 4 | HVY | 3 - 12 years | TH | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – June 4 | HVY | 3 - 12 years | TH | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – June 4 | HVY | 3 - 12 years | TH | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – June 4 | HVY | 3 - 12 years | TH | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – June 5 | HVY | 3 - 12 years | F | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – June 5 | HVY | 3 - 12 years | F | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – June 5 | HVY | 3 - 12 years | F | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – June 5 | HVY | 3 - 12 years | F | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – June 5 | HVY | 3 - 12 years | F | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – June 29 | HVY | 3 - 12 years | M | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – June 29 | HVY | 3 - 12 years | M | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – June 29 | HVY | 3 - 12 years | M | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – June 29 | HVY | 3 - 12 years | M | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – June 29 | HVY | 3 - 12 years | M | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – June 30 | HVY | 3 - 12 years | T | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – June 30 | HVY | 3 - 12 years | T | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – June 30 | HVY | 3 - 12 years | T | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – June 30 | HVY | 3 - 12 years | T | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – June 30 | HVY | 3 - 12 years | T | 6:20 PM | 6:50 PM | \$24 | \$35 |

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|--------------------------|-----|--------------|----|---------|---------|------|------|
| Swim Booster – July 1 | HVY | 3 - 12 years | W | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – July 1 | HVY | 3 - 12 years | W | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – July 1 | HVY | 3 - 12 years | W | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – July 1 | HVY | 3 - 12 years | W | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – July 1 | HVY | 3 - 12 years | W | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – July 2 | HVY | 3 - 12 years | TH | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – July 2 | HVY | 3 - 12 years | TH | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – July 2 | HVY | 3 - 12 years | TH | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – July 2 | HVY | 3 - 12 years | TH | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – July 2 | HVY | 3 - 12 years | TH | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – August 24 | HVY | 3 - 12 years | M | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – August 24 | HVY | 3 - 12 years | M | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – August 24 | HVY | 3 - 12 years | M | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – August 24 | HVY | 3 - 12 years | M | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – August 24 | HVY | 3 - 12 years | M | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – August 25 | HVY | 3 - 12 years | T | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – August 25 | HVY | 3 - 12 years | T | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – August 25 | HVY | 3 - 12 years | T | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – August 25 | HVY | 3 - 12 years | T | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – August 25 | HVY | 3 - 12 years | T | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – August 26 | HVY | 3 - 12 years | W | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – August 26 | HVY | 3 - 12 years | W | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – August 26 | HVY | 3 - 12 years | W | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – August 26 | HVY | 3 - 12 years | W | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – August 26 | HVY | 3 - 12 years | W | 6:20 PM | 6:50 PM | \$24 | \$35 |
| Swim Booster – August 27 | HVY | 3 - 12 years | TH | 4:00 PM | 4:30 PM | \$24 | \$35 |
| Swim Booster – August 27 | HVY | 3 - 12 years | TH | 4:35 PM | 5:05 PM | \$24 | \$35 |
| Swim Booster – August 27 | HVY | 3 - 12 years | TH | 5:10 PM | 5:40 PM | \$24 | \$35 |
| Swim Booster – August 27 | HVY | 3 - 12 years | TH | 5:45 PM | 6:15 PM | \$24 | \$35 |
| Swim Booster – August 27 | HVY | 3 - 12 years | TH | 6:20 PM | 6:50 PM | \$24 | \$35 |

SUPER SWIMS (FWY, HVY)

We understand that summer schedules are hectic, making it challenging to attend weekly swimming lessons. This intensive course condenses a session into one week. Classes will be held daily for 40 minutes.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|-------------|-------------|------------|--------------|------------|-----------------|-----------------------|
| Preschool Stage 1 – Water Acclimation Group Lesson – June 8-12 | FWY | 3 - 5 years | M - F | 4:30 PM | 5:10 PM | \$49 | \$97 |
| Preschool Stage 2 – Water Movement Group Lesson – June 8-12 | FWY | 3 - 5 years | M - F | 5:15 PM | 5:55 PM | \$49 | \$97 |
| Preschool Stage 3 – Water Stamina Group Lesson – June 8-12 | FWY | 3 - 5 years | M - F | 6:00 PM | 6:40 PM | \$49 | \$97 |

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|--|-----|--------------|-------|---------|---------|------|------|
| School Age Stage 1 – Water Acclimation Group Lesson – June 8-12 | FWY | 6 – 12 years | M - F | 4:30 PM | 5:10 PM | \$49 | \$97 |
| School Age Stage 2 – Water Movement Group Lesson – June 8-12 | FWY | 6 – 12 years | M - F | 5:15 PM | 5:55 PM | \$49 | \$97 |
| School Age Stage 3 – Water Stamina Group Lesson – June 8-12 | FWY | 6 – 12 years | M - F | 6:00 PM | 6:40 PM | \$49 | \$97 |
| School Age Stage 1 – Water Movement Group Lesson – June 22-26 | FWY | 6 – 12 years | M - F | 2:00 PM | 2:40 PM | \$49 | \$97 |
| School Age Stage 2 – Water Movement Group Lesson – June 22-26 | FWY | 6 – 12 years | M - F | 2:45 PM | 3:25 PM | \$49 | \$97 |
| School Age Stage 3 – Water Stamina Group Lesson – June 22-26 | FWY | 6 - 12 years | M - F | 3:30 PM | 4:10 PM | \$49 | \$97 |
| School Age Stage 4 – Stroke Introduction Group Lesson – June 22-26 | FWY | 6 – 12 years | M - F | 2:45 PM | 3:25 PM | \$49 | \$97 |
| School Age Stage 5 – Stroke Development Group Lesson – June 22-26 | FWY | 6 - 12 years | M - F | 3:30 PM | 4:10 PM | \$49 | \$97 |
| School Age Stage 6 – Stroke Mechanics Group Lesson – June 22-26 | FWY | 6 – 12 years | M - F | 3:30 PM | 4:10 PM | \$49 | \$97 |
| School Age Stage 1 – Water Acclimation Group Lesson – August 10-14 | FWY | 6 - 12 years | M - F | 4:30 PM | 5:10 PM | \$49 | \$97 |
| School Age Stage 2 – Water Movement Group Lesson – August 10-14 | FWY | 6 – 12 years | M - F | 5:15 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 3 – Water Stamina Group Lesson – August 10-14 | FWY | 6 - 12 years | M - F | 6:00 PM | 6:40 PM | \$49 | \$97 |
| School Age Stage 4 – Stroke Introduction Group Lesson – August 10-14 | FWY | 6 – 12 years | M - F | 5:15 PM | 5:40 PM | \$49 | \$97 |
| School Age Stage 5 – Stroke Development Group Lesson – August 10-14 | FWY | 6 - 12 years | M - F | 4:30 PM | 5:10 PM | \$49 | \$97 |
| School Age Stage 6 – Stroke Mechanics Group Lesson – August 10-14 | FWY | 6 – 12 years | M - F | 4:30 PM | 5:10 PM | \$49 | \$97 |
| Preschool Stage 3 – Water Stamina Group Lesson – August 17-21 | FWY | 3 - 5 years | M - F | 4:30 PM | 5:10 PM | \$49 | \$97 |
| Preschool Stage 1 – Water Acclimation Group Lesson – August 17-21 | FWY | 3 - 5 years | M - F | 5:15 PM | 5:55 PM | \$49 | \$97 |
| Preschool Stage 2 – Water Movement Group Lesson – August 17-21 | FWY | 3 - 5 years | M - F | 6:00 PM | 6:40 PM | \$49 | \$97 |
| School Age Stage 3 – Water Stamina Group Lesson – August 17-21 | FWY | 6 – 12 years | M - F | 4:30 PM | 5:10 PM | \$49 | \$97 |
| School Age Stage 4 – Stroke Introduction Group Lesson – August 17-21 | FWY | 6 – 12 years | M - F | 5:15 PM | 5:55 PM | \$49 | \$97 |
| School Age Stage 5 – Stroke Development Group Lesson – August 17-21 | FWY | 6 – 12 years | M - F | 6:00 PM | 6:40 PM | \$49 | \$97 |
| School Age Stage 6 – Stroke Mechanics Group Lesson – August 17-21 | FWY | 6 – 12 years | M - F | 6:00 PM | 6:40 PM | \$49 | \$97 |

| | | | | | | | |
|--|-----|--------------|-------|----------|----------|------|------|
| Preschool Stage 1 – Water Acclimation Group Lesson June 8-12 | HVY | 3 – 5 years | M – F | 9:10 AM | 9:50 AM | \$49 | \$97 |
| Preschool Stage 1 – Water Acclimation Group Lesson June 8-12 | HVY | 3 – 5 years | M – F | 4:00 PM | 4:30 PM | \$49 | \$97 |
| Preschool Stage 2 – Water Movement Group Lesson June 8-12 | HVY | 3 – 5 years | M – F | 9:10 AM | 9:50 AM | \$49 | \$97 |
| School Age Stage 1 – Water Acclimation Group Lesson June 8-12 | HVY | 6 – 12 years | M – F | 10:40 AM | 11:20 AM | \$49 | \$97 |
| School Age Stage 1 – Water Acclimation Group Lesson June 8-12 | HVY | 6 – 12 years | M – F | 6:15 PM | 6:55 PM | \$49 | \$97 |
| School Age Stage 2 – Water Movement Group Lesson June 8-12 | HVY | 6 – 12 years | M – F | 9:55 AM | 10:35 AM | \$49 | \$97 |
| School Age Stage 2 – Water Movement Group Lesson June 8-12 | HVY | 6 – 12 years | M – F | 5:30 PM | 6:10 PM | \$49 | \$97 |
| School Age Stage 3 – Water Stamina Group Lesson June 8-12 | HVY | 6 – 12 years | M – F | 9:55 AM | 10:35 AM | \$49 | \$97 |
| School Age Stage 3 – Water Stamina Group Lesson June 8-12 | HVY | 6 – 12 years | M – F | 4:45 PM | 5:25 PM | \$49 | \$97 |
| School Age Stage 4 – Stroke Introduction Group Lesson June 8-12 | HVY | 6 – 12 years | M – F | 10:40 AM | 11:20 AM | \$49 | \$97 |
| Preschool Stage 1 – Water Acclimation Group Lesson August 17-21 | HVY | 3 – 5 years | M – F | 9:00 AM | 9:40 AM | \$49 | \$97 |
| School Age Stage 1 – Water Acclimation Group Lesson August 17-21 | HVY | 6 – 12 years | M – F | 9:45 AM | 10:25 AM | \$49 | \$97 |
| School Age Stage 2 – Water Movement Group Lesson August 17-21 | HVY | 3 – 5 years | M – F | 10:30 AM | 11:10 AM | \$49 | \$97 |
| School Age Stage 3 – Water Stamina Group Lesson August 17-21 | HVY | 3 – 5 years | M – F | 11:15 AM | 11:55 AM | \$49 | \$97 |

AQUATIC CONDITIONING – SWIM TEAM 101 (6-14 years)

Prerequisites: Must have completed Stage 6

Skills learned in this stage: Continue to build endurance and stroke technique on all major competitive strokes and encourage swimming as part of a healthy lifestyle.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--------------------------------------|------|--------------|-----|---------|---------|----------|----------------|
| Aquatic Conditioning – Swim Team 101 | APY | 6 – 14 years | TH | 5:45 PM | 6:15 PM | \$49 | \$97 |

OLDER YOUTH/TEEN AND ADULT SWIM LESSONS

Older Youth (10-15 years) Teen and Adults (15 years - Adult)

The instructor will meet the needs of each individual person attending the class. This class will help the very beginner swimmer to the more advanced swimmer trying to refine their strokes.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--------------------------------------|------|--------------------|-----|---------|---------|----------|----------------|
| Teen/Adult Swim Lessons Beginner | APY | 15 years and older | M | 5:10 PM | 5:40 PM | \$49 | \$97 |
| Teen/Adult Swim Lessons Intermediate | APY | 15 years and older | M | 5:45 PM | 6:15 PM | \$49 | \$97 |

| | | | | | | | |
|----------------------------------|-----|--------------------|---|---------|---------|------|------|
| Teen/Adult Swim Lessons Advanced | APY | 15 years and older | M | 6:20 PM | 6:50 PM | \$49 | \$97 |
| Youth/Teen Swim Lessons | NMY | 12 - 17 years | T | 5:05 PM | 5:35 PM | \$49 | \$97 |

SWIM CLUB (AGES 10-15 years) (HVY)

Prerequisites: Must have completed Stage 6 and be at least 10 years old

Skills learned: Participants will engage in workouts designed to challenge their skills, improve stamina, and prepare them for lifelong swimming opportunities. Swim Club is perfect for students who love the water and want to continue progressing in a fun, supportive environment.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|------------|------|-------------|-----|---------|---------|----------|----------------|
| Swim Club | HVY | 10-15 years | W | 5:45 PM | 6:15 PM | \$49 | \$97 |

SPRINGBOARD DIVING (7 years and older) (NMY)

Prerequisites:

- Intro to Springboard Diving: Must be at least 7 years old and comfortable swimming in deep water and jumping off the diving board.
- Springboard Diving 1: Must have completed Intro to Springboard Diving.
- Springboard Diving 2: Must have completed Springboard Diving 1 and be recommended by instructor.

Skills learned: Learn the basics of springboard diving.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|-----------------------------|------|-------------------|-----|---------|---------|----------|----------------|
| Intro to Springboard Diving | NMY | 7 years and older | M | 5:30 PM | 6:10 PM | \$49 | \$97 |
| Intro to Springboard Diving | NMY | 7 years and older | TH | 5:30 PM | 6:10 PM | \$49 | \$97 |
| Springboard Diving 1 | NMY | 7 years and older | M | 6:15 pm | 6:55 PM | \$49 | \$97 |
| Springboard Diving 1 | NMY | 7 years and older | TH | 6:15 pm | 6:55 PM | \$49 | \$97 |

YMILER CLUB (APY, FWY, HVY, NMY)

Y members keep track of the miles you swim in our pools. You will be rewarded for reaching milestones in your swimming quests.

DISCOVER LIFEGUARDING (10-15 years) (FWY, HVY)

Have you wondered what it's like to be a lifeguard? Come find out! Discover Lifeguarding gives youth 10-15 years old the opportunity to practice skills and drills used by lifeguards, learn basic rescue concepts, and develop teamwork, communication, and confidence in the water.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---------------------------------------|------|-------------|-------|----------|----------|----------|----------------|
| Discover Lifeguarding July 8, 15 & 22 | FWY | 10-15 years | W | 10:00 AM | 12:00 PM | \$65 | \$105 |
| Discover Lifeguarding June 8-10 | HVY | 10-15 years | M - W | 4:00 PM | 6:00 PM | \$65 | \$105 |
| Discover Lifeguarding August 17-19 | HVY | 10-15 years | M - W | 4:00 PM | 6:00 PM | \$65 | \$105 |

RESCUE READY (HVY)

Learn more about the American Red Cross Lifeguarding course and see if it is the right fit for you. This program is an informational and exploratory experience for individuals who are thinking about becoming a lifeguard and want to see if the certification course is right for them. Participants will learn what lifeguarding truly involves, review basic required skills and physical expectations, experience sample activities from the course, and have time to ask questions and talk directly with lifeguard instructors. Whether you are feeling unsure, just exploring options, or ready to dive in, this session is designed to be welcoming and informative. No fee, no swim test, no pressure. Just come as you are and find out more!

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|-----------------------|------|--------------------|-----|----------|----------|----------|----------------|
| Rescue Ready May 7 | HVY | 14 years and older | TH | 7:00 PM | 7:30 PM | FREE | FREE |
| Rescue Ready May 19 | HVY | 14 years and older | T | 7:00 PM | 7:30 PM | FREE | FREE |
| Rescue Ready June 29 | HVY | 14 years and older | M | 4:30 PM | 5:00 PM | FREE | FREE |
| Rescue Ready July 15 | HVY | 14 years and older | W | 10:20 AM | 10:50 AM | FREE | FREE |
| Rescue Ready August 3 | HVY | 14 years and older | M | 7:00 PM | 7:30 PM | FREE | FREE |

LIFEGUARD TRAINING (15 years – Adult) (HVY, FWY)

Prerequisites: Must be 15 years of age on or before the final scheduled session day of this course.

1) Swim 150 yards continuously demonstrating breath control and rhythmic breathing using front crawl and/or breaststroke, tread water for 2 minutes using legs only, and then continue swimming an additional 50 yards for a total of 200 yards. 2) Complete a timed event within 1 minute 40 seconds (without using goggles). Starting in the water, swim 20 yards. Surface dive, feet first or headfirst to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object. Exit the water without using a ladder or steps.

Prescreening will be held by appointment before the course begins. Attendance is mandatory at all classes. For Blended Learning courses, students will be responsible for completing online coursework as assigned.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|------|--------------------|--------|----------|---------|----------|----------------|
| Lifeguarding Recertification June 1 | FWY | 15 years and older | M | 8:00 AM | 6:00 PM | \$88 | \$98 |
| Lifeguarding Full Course Blended Learning June 29–July 2 | FWY | 15 years and older | M | 9:00 AM | 3:00 PM | \$147 | \$208 |
| Lifeguarding Full Course Blended Learning June 8–11 | HVY | 15 years and older | M - TH | 12:30 PM | 6:30 PM | \$147 | \$208 |
| Lifeguarding Full Course Blended Learning August 17–20 | HVY | 15 years and older | M - TH | 12:30 PM | 6:30 PM | \$147 | \$208 |

SWIM TEAM / MINI ORCAS



STAFF CONTACT

APY - Jose Rosales Yopez, Swim Team Director E jrosalesyopez@ymcafoxcities.org

APY - Anna Krause, Swim Team Coordinator E akrause@ymcafoxcities.org

APY - Chloe Balwinski, Swim Team Administrative Assistant P 920.930.5732 E cbalwinski@ymcafoxcities.org

Dive into fun and fitness with the FCYST Orcas at the YMCA of the Fox Cities! Our year-round swimming program welcomes swimmers of all ages and skill levels, from beginners to national competitors. With a focus on building character, fostering friendships, and cultivating a love for the sport, the FCYST team is all about creating a positive and encouraging swim community. Swimmers can practice 4-5 days a week, depending on their age and goals—whether they're here for fun or ready to compete! Come make a splash with us and see how far you can go! For more information about FCYST, practices and locations, visit our team website: www.fcyst.org

MINI ORCAS – Want to fine tune your skills before diving into swim team? The 7-week session program is designed to get your swimmer ready for our team. **Pre-Requisite:** Participants must have successfully completed Stage 4 of Swim Lessons. **Available Fall 2026.**

SWIM TEAM TRIALS – We provide two trial opportunities prior to each season (April & September). Any swimmers looking to join the team mid-season should contact Anna Krause, Swim Team Coordinator, for more information.

SWIM TEAM TRIAL REQUIREMENTS: Each athlete must be able to safely perform a 25 freestyle and a 25 backstroke without stopping to continue with the trial. It will be the deck coaches' discretion as to whether each athlete is able to safely continue the practice. The ability to do a standing dive is highly encouraged but not required. For safety reasons, our age **minimum is 6 years old**. We recommend that children work through the swimming lessons at the Y until they are ready to give competitive swimming a try. The swim team recommends that swimmers are enrolled in **level 5 or higher** to attend trials.

[CONTACT THE SWIM TEAM](#)