

VALLEY Y | Summer Session 3 | Swim Lesson Schedule

Session 3 Dates: 7/25 - 8/4

Y Member Registration Begins: 7/18 | Fees: Mon - Thu (4 days/wk - 8 classes) \$43

Community Member Registration Begins: 7/19 | Fees: Mon - Thu (4 days/wk - 8 classes) \$86

PARENT - CHILD LESSONS: 6 MONTHS - 3 YEARS			
Stage A: Water Discovery 30 min each			
	---	MON - THU	---
	---	3pm	---
Stage B: Water Exploration 30 min each			
	---	MON - THU	---
	---	3:30pm	---
PRESCHOOL LESSONS: 3 - 5 YEARS			
Preschool Stage 1: Water Acclimation 30 min each			
		MON - THU	
	---	4pm / 5pm	---
Preschool Stage 2: Water Movement 30 min each			
		MON - THU	
	---	4:30pm / 5:30pm	---
Preschool Stage 3: Water Stamina 30 min each			
		MON - THU	
	---	5pm	---
Preschool Stage 4: Stroke Intro 30 min each			
		MON - THU	
	---	5:30pm	---
SCHOOL AGE LESSONS: 6 - 12 YEARS			
School Age Stage 1: Water Acclimation 30 min each (Begin here for those afraid of water)			
		MON - THU	
	---	4pm	---
School Age Stage 2: Water Movement 30 min each (Begin here for NOT afraid of water)			
		MON - THU	
	---	4:30pm	---
School Age Stage 3: Water Stamina 30 min each			
		MON - THU	
	---	5pm	---
School Age Stage 4: Stroke Intro 30 min each			
		MON - THU	
	---	5:30pm	---
School Age Stage 5: Stroke Development 30 min each			
		MON - THU	
	---	6:15pm	---
School Age Stage 6: Stroke Mechanics 30 min each			
		MON - THU	
	---	6:15pm	---