

CENTRAL Y | October Session 2023 | Swim Lesson Schedule

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| PARENT - CHILD LESSONS: 6 MONTHS - 3 YEARS | | | |
| Stage A: Water Discovery 30 min each | | | |
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| Stage B: Water Exploration 30 min each | | | |
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| PRESCHOOL LESSONS: 3 - 5 YEARS | | | |
| Preschool Stage 1: Water Acclimation 30 min each | | | |
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| Preschool Stage 2: Water Movement 30 min each | | | |
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| Preschool Stage 3: Water Stamina 30 min each | | | |
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| Preschool Stage 4: Stroke Intro 30 min each | | | |
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| SCHOOL AGE LESSONS: 6 - 12 YEARS | | | |
| School Age Stage 1: Water Acclimation 30 min each (Begin here for those afraid of water) | | | |
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| School Age Stage 2: Water Movement 30 min each (Begin here for NOT afraid of water) | | | |
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| School Age Stage 3: Water Stamina 30 min each | | | |
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| School Age Stage 4: Stroke Intro 40 min each | | | |
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| School Age Stage 5: Stroke Development 40 min each | | | |
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| School Age Stage 6: Stroke Mechanics 40 min each | | | |
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