

# VALLEY Y | November Session 2023 | Swim Lesson Schedule

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