## CENTRAL Y | February 2024 | Swim Lesson Schedule

| PARENT - CHILD LESSONS: 6 MONTHS - 3 YEARS         |                                       |                            |
|--|---------------------------------------|----------------------------|
| Stage A: Water Discovery   30 min each             |                                       |                            |
|  |                                       |                            |
|  |                                       |                            |
| Stage B: \   | Water Exploration   30 min each       |                            |
|  |                                       |                            |
| PRESCHOOL LESSONS: 3 - 5 YEARS                     |                                       |                            |
| Preschool Stage 1: Water Acclimation   30 min each |                                       |                            |
|  |                                       |                            |
|  |                                       |                            |
| Preschool Stage 2: Water Movement   30 min each    |                                       |                            |
|  |                                       |                            |
| Preschool St.                                      | age 3: Water Stamina   30 min e       | ach                        |
|  |                                       |                            |
| Dreschool S  | tage 4: Stroke Intro   30 min eac     | -h                         |
| FI ESCITION 3                                      | tage 4: Stroke Ilitro   50 Illili eat | .11                        |
|  |                                       |                            |
| SCHOOL AGE LESSONS: 6 - 12 YEARS                   |                                       |                            |
| School Age Stage1: Water Acclima                   | ation   30 min each (Begin here f     | for those afraid of water) |
|  |                                       |                            |
| School Age Stage 2: Water Move                     | ment   30 min each (Begin here        | for NOT afraid of water)   |
|  |                                       |                            |
|  |                                       |                            |
| School Age St                                      | age 3: Water Stamina   30 min e       | each                       |
|  |                                       |                            |
| School Age S                                       | Stage 4: Stroke Intro   30 min ea     | och                        |
|  |                                       |                            |
|  | - F. Stroke Bernston - 1 30-          |                            |
| School Age Stage                                   | e 5: Stroke Development   30 mi       | n each                     |
|  |                                       |                            |
| School Age Stage 6: Stroke Mechanics   30 min each |                                       |                            |
|  |                                       |                            |
|  |                                       |                            |