

# NORTH 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 Stage 3: Water Stamina   30 min each			
Preschool Stage 4: Stroke Intro   30 min each			
SCHOOL AGE LESSONS: 6 - 12 YEARS			
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   30 min each			
School Age Stage 5: Stroke Development   30 min each			
School Age Stage 6: Stroke Mechanics   30 min each			