VALLEY 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
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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		