

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 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			