



# NOVEMBER GROUP SWIM LESSONS

6 lessons: \$42 Y Member | \$72 Community Member

5 lessons: \$35 Y Member | \$60 Community Member

2/4 lessons: \$28 Y Member | \$48 Community Member

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## Parent/Child: Water Discovery

11/13-12/11, Wed, 4 lessons

- 12:00-12:30pm

## Preschool Stage 1: Water Acclimation

11/5-11/21, Tue/Thur, 6 lessons

- 3:15-3:45pm

## Preschool Stage 2: Water Movement

11/5-11/21, Tue/Thur, 6 lessons

- 3:45-4:15pm

## Preschool Stage 3: Water Stamina

11/5-11/21, Tue/Thur, 6 lessons

- 3:15-3:45pm

- 4:15-4:45pm

## Youth Stage 1: Water Acclimation

11/7-11/21, Tue/Thur, 5 lessons

- 3:15-3:45pm

## Youth Stage 2: Water Movement

11/4-11/20, Mon/Wed, 6 lessons

- 3:15-3:45pm

11/7-11/21, Tue/Thur, 5 lessons

- 3:45-4:15pm

## Youth Stage 3: Water Stamina

11/7-11/21, Tue/Thur, 5 lessons

- 4:15-4:45pm

11/5-11/21, Tue/Thur, 6 lessons

- 3:15-3:45pm

## Youth Stage 4: Stroke Introduction

11/4-11/20, Mon/Wed, 6 lessons

- 3:15-3:45pm

11/5-11/21, Tue/Thur, 6 lessons

- 3:45-4:15pm

## Youth Stage 5: Stroke Development

11/4-11/20, Mon/Wed, 6 lessons

- 3:45-4:15pm

11/5-11/21, Tue/Thur, 6 lessons

- 4:15-4:45pm

## Youth Stage 6: Stroke Mechanics

10/7-10/30, Mon/Wed, 6 lessons

- 4:15-5pm

## Adult Swim Lessons

11/15-11/22, Fri, 2 lessons

- 2:00-3:00pm
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## Swim Lesson Sign Up Dates

YMCA Member: 10/21 - 5:30am

Community Member: 10/28 - 5:30am

## Swim Lesson Age Ranges

• Parent/Child: Adult 18+, Child 0-3yr

• Preschool: 3-5yr

• Youth: 6-12yr