

# North Y | July 2025 | Swim Lesson Schedule

REGISTRATION OPENS  
 Session Dates Y Member Community Member



Y Member Community Member Y Member Community Member

Scan to Register

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   40 min each			
School Age Stage 5: Stroke Development   40 min each			
School Age Stage 6: Stroke Mechanics   40 min each			



# Group Swim Lesson Descriptions

## PARENT/CHILD: 6 Months – 3 Years

**STAGE A / WATER DISCOVERY** Infants and toddlers explore the water with a parent or guardian, building comfort and skills through fun, confidence-boosting activities.

**STAGE B / WATER EXPLORATION** Water Exploration focuses on learning body positions, blowing bubbles & practicing fundamental safety & aquatic skills.

## PRESCHOOL: 3 – 5 Years | SCHOOL AGE: 6 – 12 Years

**STAGE 1 / WATER ACCLIMATION** Students in Water Acclimation gain confidence in the pool, develop safe water habits, explore underwater, and learn to exit the water safely, laying the foundation for future swimming skills.

**STAGE 2 / WATER MOVEMENT** In this stage, students develop body control, forward movement, directional changes, and basic self-rescue skills, while also reinforcing how to safely exit the water if they fall in.

**STAGE 3 / WATER STAMINA** students learn basic stroke techniques, rotary breathing, and coordinated arm and leg movement, while also developing the ability to swim, move to safety, and exit the water if they fall in.

**STAGE 4 / STROKE INTRO** the first in Swim Strokes, students develop front crawl and back crawl, are introduced to breaststroke and butterfly components, build endurance, and practice deep-water safety techniques.

## SCHOOL AGE: 6 – 12 Years

**STAGE 5 / STROKE DEVELOPMENT** Students refine stroke techniques, learn all competitive strokes, build stamina in front crawl and back crawl, develop breaststroke and butterfly, and reinforce deep-water safety and endurance.

**STAGE 6 / STROKE MECHANICS** For kids who can swim competitive strokes, these classes focus on refining skills and form through drills while also providing instruction and practice on turns and streamlines.

## Private/Semi-Private Lessons & Swim Team Swim Schedules

**PRIVATE SWIM LESSONS:** (30-min) The day and time you select/register will repeat for **4 weeks**.

**Rates:** 4 week sessions (4 classes) | Y Member \$100 / Community Member \$180

**SEMI-PRIVATE SWIM LESSONS:** Available at Central, North, & Valley (30-min)

**See Member Services to register. 2 people per time slot.**

**Rates:** 4 week sessions (4 classes) | Y Member \$75/person | Community Member \$135/person

**NOVICE SWIM TEAM:** Available at Central, North, & Valley

**4/14 – 5/10:** Y Member Registration Opens: 3/31 | Community Member Registration Opens: 4/7

**5/12 – 6/7:** Y Member Registration Opens: 4/28 | Community Member Registration Opens: 5/5

### Central Y: Monthly Sessions:

Beginner: M/W or T/TH 4:15 – 5pm • Y Member \$44 | Community Member \$76

Intermediate: M/W or T/TH 5 – 6pm • Y Member \$58 | Community Member \$100

Advanced: M/W or T/TH 6 – 7pm • Y Member \$58 | Community Member \$100

### North Y: Monthly Sessions:

Beginner: M/W 5:15 – 6pm • Y Member \$44 | Community Member \$76 Intermediate:

T/TH 5 – 6pm • Y Member \$58 | Community Member \$100 Advanced: T/TH 5 – 6pm

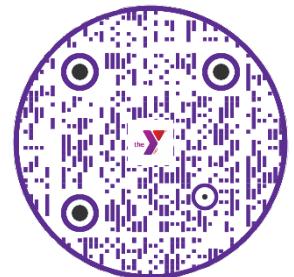
• Y Member \$58 | Community Member \$100

**Valley Y: Monthly Sessions:** Beginner: M/W 6 – 6:45pm • Y Member \$44 |

Community Member \$76 Intermediate: M/W 7 – 8pm • Y Member \$58 | Community

Member \$100 Advanced: M/W 7 – 8pm

• Y Member \$58 | Community Member \$100



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TO REGISTER**

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