



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING STRONG AND CONFIDENT SWIMMERS

## 2023 SWIM LESSON SCHEDULE LAKELAND FAMILY YMCA

### WHAT CLASS SHOULD I CHOOSE? LESSON SELECTOR

Can the student respond to verbal cues and jump on land?

NOT YET **A / WATER**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET **B / WATER**

Will the student go underwater voluntarily?

NOT YET **1 / WATER**

Can the student do a front and back float on their own?

NOT YET **2 / WATER**

Can the student swim 10-15 yards on their front and back?

NOT YET **3 / WATER**

Can the student swim 10-15 yards of front and back crawl?

NOT YET **4 / STROKE**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET **5 / STROKE**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET **6 / STROKE**



# SWIM LESSON STAGE SCHEDULE

## CLASS REMINDERS:

Children who are not potty-trained need to be in a swim diaper.

Make up classes are only made if the Y cancels. If you miss a class for any reason, you will not be able to make up the class.

Classes will run with a 3 participant minimum. If you signed up for a class with 2 or less participants, you will be asked to move to another day and time. If it does not work with your schedule, a refund or online credit will be given upon request.

**SWIM STARTERS**

**RATIO 1:4-6**  
**\$45 Members**  
**\$85 Non-Members**

**Water Discovery A**

**30 min**

**6 mos - 3 yrs**  
 Mon 11:00 - 11:30pm  
 Sat 8:30am - 9:00am

**Water Exploration B**

**30 min**

**6 mos - 3 yrs**  
 Mon 11:00 - 11:30pm  
 Sat - 8:30am - 9:00am

**SWIM BASICS**

**STAGE 1**  
**RATIO 1:4-6**

**STAGE 2 & 3**  
**RATIO 1:6-8**  
**\$50 Members**  
**\$90 Non-Members**

**Water Acclimation 1**

**45 min**

**Preschool (Ages 3-5)**  
 Mon 5:30pm - 6:15pm  
 Tues 4:30pm - 5:15pm  
 Thurs 6:30pm - 7:15pm  
 Sat 9:00am - 9:45am

**Water Movement 2**

**45 min**

**Preschool (Ages 3-5)**  
 Tues 6:30pm - 7:15pm  
 Wed 5:30pm - 6:15pm  
 Thurs 5:30pm - 6:15pm  
 Sat 9:45am - 10:30am

**School Age (Ages 5-12)**  
 Mon 6:30pm - 7:15pm  
 Wed 6:30pm - 7:15pm  
 Sat 9:00am - 9:45am

**Water Stamina 3**

**45 min**

**Preschool (Ages 3-5)**  
 Tues 5:30pm - 6:15pm

**School Age (Ages 5-12)**  
 Thurs 4:30pm - 5:15pm

**SWIM STROKES**

**RATIO 1:6-8**  
**\$50 Members**  
**\$90 Non-Members**

**Stroke Introduction 4**

**45 min**

**School Age (Ages 5-12)**  
 Tues 5:30pm - 6:15pm  
 Thurs 6:30pm - 7:15pm  
 Sat 9:45am - 10:30am

**Stroke Development 5**

**60 min**

**School Age (Ages 5-12)**  
 Thurs 5:30pm - 6:30pm  
 Sat 10:45am - 11:45am

**Stroke Mechanics 6**

**60 min**

**Ages 5-12**  
 Thurs 10:15am - 11:00am  
 Thurs 5:30pm - 6:30pm  
 Sat 10:45am - 11:45am

**ADULT SWIM LESSONS**  
**Ages 13 & up (Stages 1-5)**  
 Tues 6:30pm - 7:15pm  
 Sat 8:15am - 9:00am

**MASTERS**  
**Ages 13 & up (Stages 1-5)**  
 Tues 7:15pm - 8:15pm

## 4 WEEK SESSION DATES

**Session 7**  
 7/3 - 7/29  
 Make up for 7/4  
 will be 7/28

**Session 8**  
 8/5 - 8/31

**Session 9**  
 9/4 - 9/30  
 Make up for 9/4  
 will be 9/29

**Session 10**  
 10/2 - 10/28

**Session 11**  
 11/6 - 12/9  
 No lessons  
 11/20-25

**Register today!**