



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRONG AND CONFIDENT SWIMMERS

2024 SWIM LESSON SCHEDULE FONTAINE GILLS 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 10:00 - 10:30pm
Sat 12:00 - 9:30pm

Water Exploration B
30 min
6 mos - 3 yrs
Mon 10:00 - 10:30pm
Sat - 12:00 - 12:30pm

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 10:30 - 11:15am
Tues 5:15 - 6:00pm
Thurs 11:00 - 11:45am
Sat 10:00 - 10:45am

Water Movement 2
45 min
Preschool (Ages 3-5)
Mon 10:30 - 11:15am
Tues 5:15 - 6:00pm
Wed 11:00 - 11:45am
Sat 10:00 - 10:45am

School Age (Ages 5-12)
Mon 6:30pm - 7:15pm
Tues 10:30 - 11:15am
Tues 6:15 - 7:00pm
Sat 11:00am - 11:45am

Water Stamina 3
45 min
Preschool (Ages 3-5)
Tues 6:15pm - 7:00pm

School Age (Ages 5-12)
Tues 6:15 - 7:00pm
Sat 11:00 - 11:45am

SWIM STROKES

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

Stroke Introduction 4
45 min
School Age (Ages 5-12)
Wed 10:00 - 10:45am
Thurs 5:15 - 6:00pm
Sat 9:00 - 9:45am

Stroke Development 5
60 min
School Age (Ages 5-12)
Wed 10:00 - 10:45am
Thurs 5:15pm - 6:00pm
Sat 9:00 - 9:45am

Stroke Mechanics 6
60 min
ADULT SWIM LESSONS
Ages 13 & up (Stages 1-5)
Tues 6:15pm - 7:00pm

4 WEEK SESSION DATES

Session 1
5/4 - 5/30

Session 2
6/3 - 6/29

Session 3
7/6 - 8/1

Session 4
8/5 - 8/31

Session 5
9/3 - 9/30

Register today!