



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**



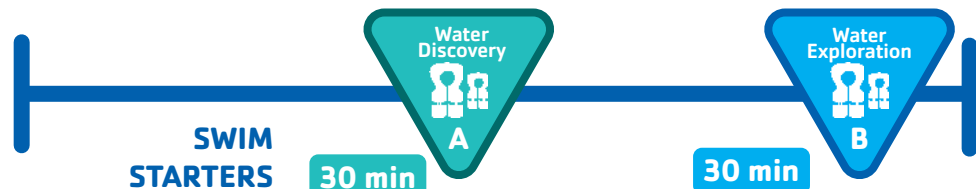
# SWIM LESSON STAGE SCHEDULE

## 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**

**30 min**

Water Discovery



**A**

6 mos - 3 yrs

Sat 12:00 - 12:30pm

**30 min**

Water Exploration



**B**

6 mos - 3 yrs

Mon 10:00 - 10:30am  
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**

**45 min**

Water Acclimation



**1**

Preschool (Ages 3-5)

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

**45 min**

Water Movement



**2**

Preschool (Ages 3-5)

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

**45 min**

Water Stamina



**3**

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**

**45 min**

Stroke Introduction



**4**

School Age (Ages 5-12)

Wed 10:00 - 10:45am  
Thurs 5:15 - 6:00pm  
Sat 9:00 - 9:45am

**45 min**

Stroke Development



**5**

School Age (Ages 5-12)

Wed 10:00 - 10:45am  
Thurs 5:15pm - 6:00pm  
Sat 9:00 - 9:45am

**60 min**

Stroke Mechanics



**6**

School Age (Ages 5-12)

Invitation only

## 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!

**ADULT SWIM LESSONS**  
Ages 13 & up (Stages 1-5)

Tues 6:15pm - 7:00pm