



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRONG AND CONFIDENT SWIMMERS

2024 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**



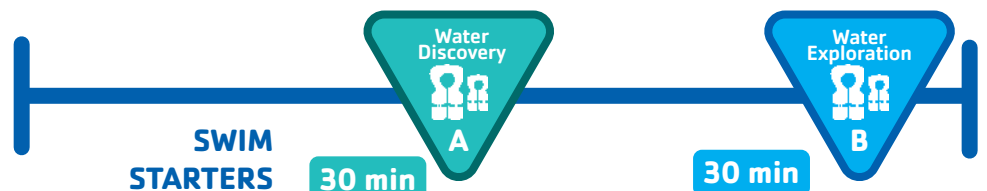
SWIM LESSON STAGE SCHEDULE

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

30 min

Water Discovery A
6 mos - 3 yrs
Mon 11:00 - 11:30am
Sat 8:30am - 9:00am

30 min

Water Exploration B
6 mos - 3 yrs
Mon 11:00 - 11:30am
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

45 min

Water Acclimation 1
Preschool (Ages 3-5)
Mon 5:30pm - 6:15pm
Tues 4:30pm - 5:15pm
Thurs 6:30pm - 7:15pm
Sat 9:00am - 9:45am

45 min

Water Movement 2
Preschool (Ages 3-5)
Tues 6:30pm - 7:15pm
Wed 5:30pm - 6:15pm
Thurs 5:30pm - 6:15pm
Sat 9:45am - 10:30am

45 min

Water Stamina 3
Preschool (Ages 3-5)
Tues 5:30pm - 6:15pm
School Age (Ages 5-12)
Thurs 4:30pm - 5:15pm

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



SWIM STROKES

RATIO 1:6-8

\$50 Members
\$90 Non-Members

45 min

Stroke Introduction 4
School Age (Ages 5-12)
Tues 5:30pm - 6:15pm
Thurs 6:30pm - 7:15pm
Sat 9:45am - 10:30am

60 min

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

60 min

Stroke Mechanics 6
Ages 5-12
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
Thurs 7:15pm - 8:00am

5 WEEK SESSION DATES

Session 1
6/3-6/29

Session 2
7/6-8/1

Session 3
8/5-8/31

Session 4
9/3-9/30

Session 5
10/5-10/31

Register today!

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