



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRONG AND CONFIDENT SWIMMERS

2025 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**



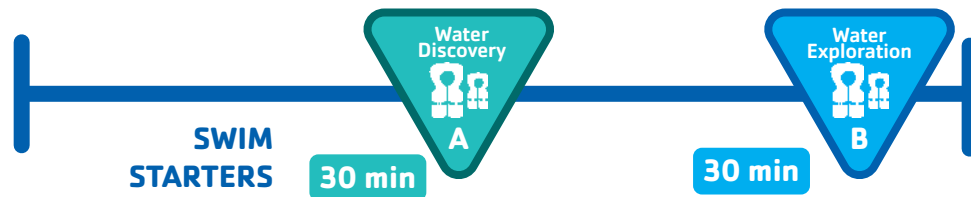
SWIM LESSON STAGE SCHEDULE

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

6 mos - 3 yrs

Tues 4:15-4:45pm
Sat 8:30-9:00am

6 mos - 3 yrs

Tues 4:15-4:45pm
Sat 8:30-9:00am



SWIM BASICS STAGE 1

RATIO 1:4-6

STAGE 2 & 3

RATIO 1:6-8

\$50 Members
\$90 Non-Members

45 min

Preschool (Ages 3-5)

Tues 4:45-5:30pm
Thurs 5:30-6:15pm
Sat 9:00-9:45am

School Age (Ages 6-12)

Tues 5:30-6:15pm
Sat 9:45-10:30am

45 min

Preschool (Ages 3-5)

Tues 4:45-5:30pm
Thurs 5:30-6:15pm
Sat 9:00-9:45am

School Age (Ages 6-12)

Tues 5:30-6:15pm
Sat 9:45-10:30am

45 min

Preschool (Ages 3-5)

Tues 4:45-5:30pm
Thurs 5:30-6:15pm
Sat 9:00-9:45am

School Age (Ages 6-12)

Tues 5:30-6:15pm
Sat 9:45-10:30am



SWIM STROKES

RATIO 1:6-8

\$50 Members
\$90 Non-Members

45 min

School Age (Ages 5-12)

Thurs 6:15-7:00 pm
Sat 10:45-11:30 am

45 min

School Age (Ages 5-12)

Thurs 6:15-7:00 pm
Sat 10:45-11:30 am

60 min

School Age (Ages 5-12)

Invitation only

SESSION DATES

Session 1

6/2-6/28

Session 2

7/7-8/2

Session 3

8/4-8/30

Session 4

9/2-9/28

Session 5

9/29-10/26

ADULT & TEEN SWIM LESSONS

Ages 13 & up (Stages 1-5)

Tues 6:15-7:00 pm
Sat 11:30-12:15 am

**Register
today!**