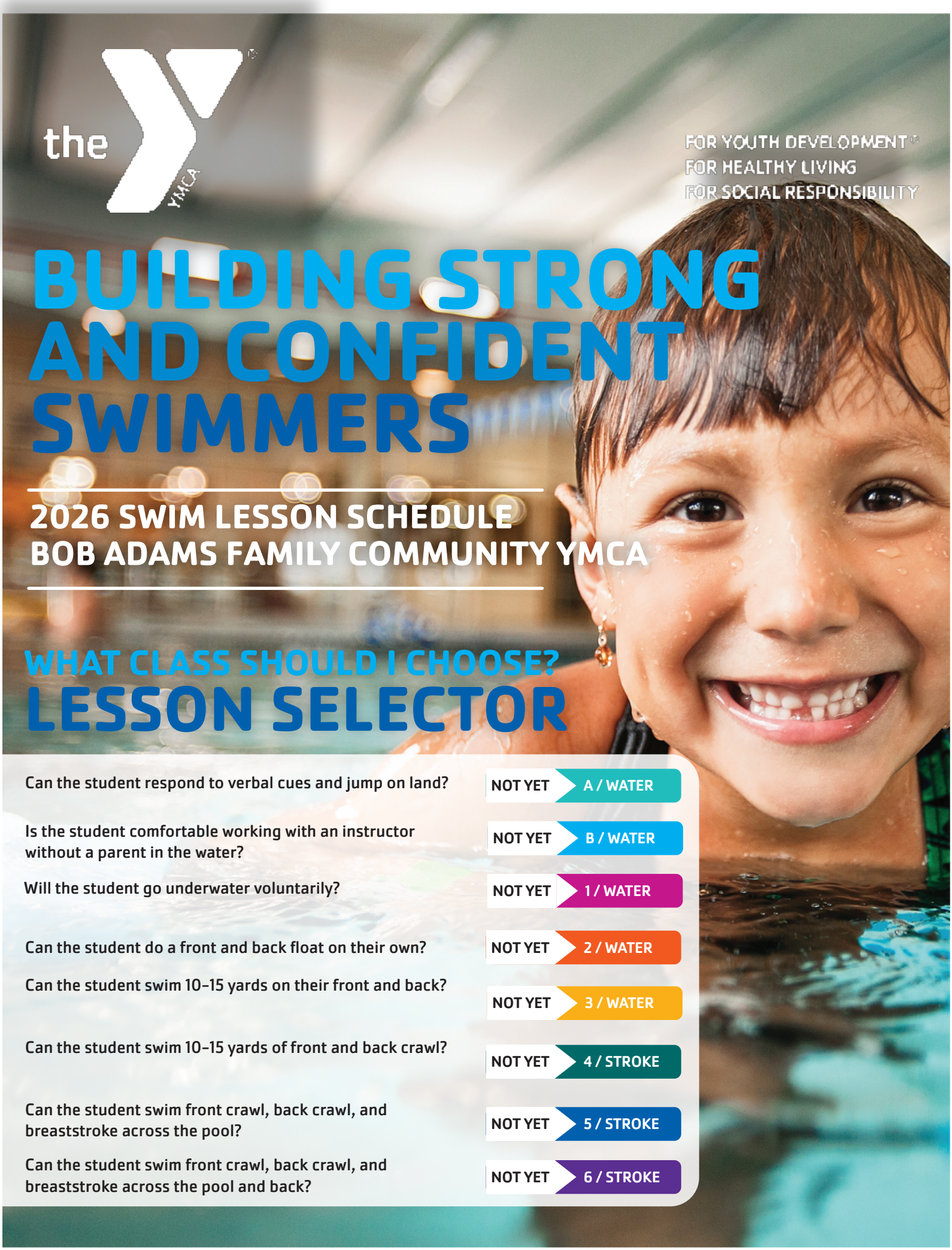


the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRONG AND CONFIDENT SWIMMERS

2026 SWIM LESSON SCHEDULE
BOB ADAMS FAMILY COMMUNITY 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

SWIM STARTERS

RATIO 1:4-6

$45 Members
$85 Non-Members

Water Discovery A

30 min

6 mos - 3 yrs
Mon & Wed 4:30-5:00pm
Sat 8:30am - 9:00am

Water Exploration B

30 min

6 mos - 3 yrs
Mon & Wed 4:30-5:00pm
Sat 8:30am - 9:00am

SWIM BASICS

STAGE 1
RATIO 1:4-6

STAGE 2 & 3
RATIO 1:6-8

$60 Members
$100 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

$60 Members
$100 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

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.

JOIN US EVERY MONTH!

Sessions begin the first full week of each month!