



STRONG SWIMMERS CONFIDENT KIDS

Spring 2025 Swim Lessons

- March 31 - May 31 (no lessons April 14-19 or May 26)
- Serving ages 6 months through adult
- Group & private classes available Mondays - Thursdays & Saturdays
- Classes structured once per week for 30-minutes
- Group session total fees: \$64 members; \$104 non-members
- Private session total fees: \$240 members; \$320 non-members

MAXIMIZE RESULTS! ENROLL IN 2 CLASSES PER WEEK.

Group Payment Schedule

Member:

At Registration: \$32
May 1st: \$32

Non-Member:

At Registration: \$52
May 1st: \$52

**Monday participants will be charged for 3 lessons in May instead of 4*

Private Payment Schedule

Member:

At Registration: \$120
May 1st: \$120

Non-Member:

At Registration: \$160
May 1st: \$160

**Monday participants will be charged for 3 lessons in May instead of 4*

**REGISTRATION OPENS
FEBRUARY 24 @ 8AM**



CANCELLATION POLICY

Written cancellation request must be submitted to the Aquatic Director 7 days or more BEFORE the next billing date to remove a swimmer from the active roster to free the spot for another swimmer.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.