



# STRONG SWIMMERS CONFIDENT KIDS

## Spring 2025 Swim Lessons

- March 17 through May 31 (no lessons April 21-26 or May 26)
- Serving ages 6 months through adult
- Group & private lessons offered Mondays - Thursdays & Saturdays
- Classes structured once per week for 30-minutes
- Group session total fees: \$80 members; \$130 non-members
- Private session total fees: \$300 members; \$400 non-members

**MAXIMIZE RESULTS! ENROLL IN 2 CLASSES PER WEEK.**

### Group Payment Schedule

#### Member:

At Registration: \$16  
April 1st: \$32  
May 1st: \$32

#### Non-Member:

At Registration: \$26  
April 1st: \$52  
May 1st: \$52

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

### Private Payment Schedule

#### Member:

At Registration: \$60  
April 1st: \$120  
May 1st: \$120

#### Non-Member:

At Registration: \$80  
April 1st: \$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.