



# SWIM LESSON SCHEDULE

January 3rd - February 26th  
8 Week Session

Members: \$57    Non-Members \$71  
Staff: \$28.50

MONDAY	
Class (Ages)	Time (PM)
Preschool/Stage 1/2 (3-5)	5:00-5:30
Preschool/Stage 1/2 (3-5)	6:20-6:50
Preschool/Stage 3/4 (3-5)	5:40-6:10
School Age/Stage 1/2 (6-12)	5:00-5:30
School Age/Stage 1/2 (6-12)	7:00-7:30
School Age/Stage 3 (6-12)	5:40-6:10
School Age/Stage 4 (6-12)	6:20-6:50
School Age/Stage 5/6 (6-12)	7:00-7:30

WEDNESDAY AM	
Class (Ages)	Time (AM)
Adult/Teen Beginner (13+)	8:00-8:45
Teen/Adult Inter/Adv (13+)	8:50-9:35
*These Classes are 45 minutes and cost:	
Member: \$67    Non-Member: \$86	

WEDNESDAY PM	
Class (Ages)	Time (PM)
Preschool/Stage 1/2 (3-5)	5:40-6:10
Preschool/Stage 3/4 (3-5)	5:00-5:30
School Age/Stage 1/2 (6-12)	5:40-6:10
School Age/Stage 1/2 (6-12)	6:20-6:50
School Age/Stage 3 (6-12)	5:00-5:30
School Age/Stage 4 (6-12)	6:20-6:50
School Age/Stage 5/6 (6-12)	7:00-7:30
Teen/Adult Beginner (13+)	7:00-7:30

SATURDAY	
Class (Ages)	Time (AM)
Parent & Child Stage A/B (6m-3yrs)	9:00-9:30
Preschool/Stage 1/2 (3-5)	9:40-10:10
Preschool/Stage 1/2 (3-5)	11:00-11:30
Preschool/Stage 3/4 (3-5)	10:20-10:50
School Age/Stage 1/2 (6-12)	9:00-9:30
School Age/Stage 1/2 (6-12)	10:20-10:50
School Age/Stage 3/4 (6-12)	9:40-10:10
School Age/Stage 5/6 (6-12)	11:00-11:30
Teen/Adult Lesson (13+)	11:40-12:25
*This Class is 45 minutes and cost:	
Member: \$67    Non-Member: \$86	

**FOR PROGRAM DESCRIPTIONS PLEASE  
VISIT THE YMCA WEBSITE AT  
[www.ymcamke.org](http://www.ymcamke.org)**

# WHICH STAGE IS THE STUDENT READY FOR?

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

YES

NOT  
YET

**A / WATER  
DISCOVERY**

SWIM STARTERS

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

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

YES

NOT  
YET

**B / WATER  
EXPLORATION**

In Stage B, parents work with their children to explore body positions, and fundamental safety and aquatic skills.

Will the student go underwater voluntarily?

YES

NOT  
YET

**1 / WATER  
ACCLIMATION**

SWIM BASICS

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

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

YES

NOT  
YET

**2 / WATER  
MOVEMENT**

In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

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

YES

NOT  
YET

**3 / WATER  
STAMINA**

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Can student swim 15 yards of front and back crawl?

YES

NOT  
YET

**4 / STROKE  
INTRODUCTION**

SWIM STROKES

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

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

YES

NOT  
YET

**5 / STROKE  
DEVELOPMENT**

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

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

NOT  
YET

**6 / STROKE  
MECHANICS**

In Stage 6 students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.