



# Group Swim Lessons

## Session Dates

Spring Session 1: March 25 - April 17 (Tuesday/Thursday)

Spring Session 2: May 06 - May 29 (Tuesday/Thursday)

## Registration Dates

Spring Session 1: March 09 to March 23

Spring Session 2: April 20 to May 04

**8 - 30 Minute Lessons**

Member: \$45

NonMember: \$65

## Class Times/Class Stages

5:30p - 6:00p Parent/Child A&B (0-2 Year old) and Acclimation (3-5 yr old)

6:05p - 6:35p Movement and Stamina (3-5 yr old)

6:40p - 7:10p Acclimation and Movement (6-12 yr old)

7:15p - 7:45p Stamina and Stroke Introduction/Development (6-12 yr old)



Register Online  
[enidymca.org](http://enidymca.org)  
or scan the  
QR Code



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months – 2 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



6 years–12 years  
**SCHOOL AGE:**  
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.