



# Group Swim Lessons



## Session Dates

Summer Session 1: June 16 - June 26 (Monday - Thursday)

Summer Session 2: July 21 - July 31 (Monday - Thursday)

## Registration Dates

Summer Session 1: June 1 - June 15

Summer Session 2: July 6 - July 20

**8 - 30 Minute Lessons**

Member: \$45

NonMember: \$65

## Class Times/Class Stages

10:00am - 10:30am Parent/Child A&B (0-2 Year old) and Acclimation (3-5 yr old)

10:35am - 11:05am Movement and Stamina (3-5 yr old)

11:10am - 11:40am Acclimation and Movement (6-12 yr old)

11:45am - 12:15p Stamina and Stroke Introduction/Development (6-12 yr old)



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



Aquatic Director  
Leah Klima  
[lklima@enidymca.org](mailto:lklima@enidymca.org)  
580-446-2373



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.