



Group Swim Lessons



Session Dates

Winter Session 1: January 6 - January 29 (Tuesday and Thursday)

Winter Session 2: February 10 - March 05 (Tuesday and Thursday)

Registration Dates

Winter Session 1: December 21 - January 5

Winter Session 2: January 25 - February 9

8 - 30 Minute Lessons

Member: \$45

NonMember: \$65

Class Times/Class Stages

5:30pm - 6:00pm Parent/Child (0-2 yr old) and Stage 1 Acclimation (3-5 yr)

6:05pm - 6:35pm Stage 2 Movement and Stage 3 Stamina (3-5 yr)

6:40pm - 7:10pm Stage 1 Acclimation and Stage 2 Movement (6-12 yr)

7:15pm - 7:45pm Stage 3 Stamina and Stage 4/5 Stroke Intro/Dev.(6-12 yr)



Register Online
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.