



Group Swim Lessons

Session Dates

Summer Session 1

Registration: May 18 - May 31

Lessons: June 1 - June 11

Summer Session 2

Registration: June 8 - June 21

Lessons: June 22 - July 2

Summer Session 2

Registration: June 8 - June 21

Lessons: June 22 - July 2

EACH SESSION

8 - 30 Minute Lessons

Member: \$45

NonMember: \$65

Class Times/Class Stages

[see lesson selector for correct class](#)

9:30am - 10:00am Parent & Child Water Discovery

10:05am - 10:35am Stage 1 Acclimation

10:40am - 11:10am Stage 2 Movement

11:15am - 11:45am Stage 3 Stamina

11:50am - 12:20 pm Stage 4&5 Stroke Introduction/Development



Register Online
enidymca.org

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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.