



STRONG SWIMMERS

SWIM LESSONS

Saleeby-Fisher YMCA Youth Swim Lessons

- >> Weekday lessons will take place twice a week on Monday & Wednesday or Tuesday & Thursday.
- >> All lessons are 30 minutes long.
- >> Space is limited for all classes. We will do our best to accommodate wait lists but no guarantee.
- >> Due to the high demand for lessons, cancellations after the first class will result in a 50% refund. No refunds are issued if canceling after the second class or later.

Swim Lessons Sessions:

6:15 & 6:50 PM Class Times

Session 1: March 17th - April 9th

Session 2: April 21st - May 15th

Session 3: May 19th - June 12th

Session 4: June 16th - June 26th (Mon-Thur.)

Session 5: July 7th - July 31st

Session 6: Aug. 4th - Aug. 28th

Session 7: Sept. 1st - Sept. 25th

Session 8: Sept. 29th - Oct. 23rd

*All dates are subject to change.

Cost: Member \$75 | Non-Member \$110

Parent/Child Classes- Water Discovery/Exploration

(0-3 Years Olds)

Pre-School Classes- Water Acclimation, Movement, Stamina

(3-5 Year Olds)

School Age- Water Acclimation, Movement, Stamina & Stroke Introduction

(6-9 year olds)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months- 3 years

**PARENT & CHILD:
STAGES A-B**



3 years- 5 years

**PRESCHOOL3
STAGES 1-3**



6 years -12 years

**SCHOOL AGE:
STAGES 2-4**



12+ years

**TEEN &
ADULT**

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 and float on front and back?

NOT YET

1-WATER ACCLIMATION

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

NOT YET

2-WATER MOVEMENT

Can the student swim 25 yards of front and back crawl?

NOT YET

3-WATER STAMINA

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

NOT YET

4-STROKE INTRO

Contact:

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**Sign up today at our
front desk or online at
www.RoCabYMCA.org
or via the QR code!**

