



SWIMMING LESSONS

SESSION	DATES	REGISTRATION OPENS
Session 7 Mon & Wed	4/21/25-5/14/25	3/31/25-4/11/25
Session 8 Tue & Thurs	4/22/25-5/15/25	3/31/25-4/11/25
Session C Saturdays	5/31/25-7/26/25	5/12/25-5/23/25

PRESCHOOL CLASSES	MON & WED	TUE & THURS	SATURDAY
3-5 years old			
Stage 1: Water Acclimation	3:25p 6:20p	3:25p 5:10p	8:40a 9:45a 11:00a
Stage 2: Water Movement	4:00p 5:10p	4:00p	9:50a 10:20a 10:50a
Stage 3: Water Stamina		5:45p	8:35a
SCHOOL AGE CLASSES			
6-12 years old			
Stage 2: Water Movement	4:35p 5:45p	4:35p	9:10a 10:15a 11:30a
Stage 3: Water Stamina	6:55p	6:20p	9:05a 9:40a
Stage 4: Stroke Introduction		6:55p	8:30a
Parent & Child A (6m-18m)			9:15a
Parent & Child B (19m-35m)			10:25a
Teen & Adult Stage 1/2 (12+ years)			10:50a
Teen & Adult Stage 3/4 (12+ years)			11:25a



- >> Weekday lessons will take place twice a week on Monday & Wednesday or Tuesday & Thursday
- >> All lessons are 30 minutes long and will take place in the Family Fun Pool
- >> Space is limited for all classes. We will do our best to accommodate waiting lists but no guarantee.

PRICE
Member \$90
Non-Member \$135

MORE INFORMATION

704.795.9622 

www.RoCabYMCA.org 

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