



SWIMMING LESSONS

SESSION	DATES	REGISTRATION OPENS
Session C Saturdays	5/31/25-7/26/25	5/12/25-5/23/25
Session 9 Mon/Wed	6/2/25-6/25/25	5/12/25-5/23/25
Session 10 Tue/Thurs	6/3/25-6/26/25	5/12/25-5/23/25
Session 11 Tue/Thurs	6/3/25-7/3/25	5/12/25-5/23/25
Session 12 Mon/Wed	7/7/25-7/30/25	6/16/25-6/27/25
Session 13 Tue/Thurs	7/8/25-7/31/25	6/16/25-6/27/25
Session 14 Tue/Thurs	7/8/25-7/31/25	6/16/25-6/27/25

PRESCHOOL CLASSES

3-5 years old

	MON & WED	TUE & THURS	SATURDAY
Stage 1: Water Acclimation	3:25p 6:20p	9:30a 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

	MON & WED	TUE & THURS	SATURDAY
Stage 2: Water Movement	4:35p 5:45p	10:00a 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)

Parent & Child B (19m-35m)

9:15a

10:25a

Teen & Adult Stage 1/2 (12+ years)

10:50a

Teen & Adult Stage 3/4 (12+ years)

11:25a



PRICE

Member \$90

Non-Member \$135

MORE INFORMATION

704.795.9622



www.RoCabYMCA.org



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>> 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.