



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 5: July 7th - July 31st

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

Session 7: Sept. 8th - Oct. 2nd

Session 8: Oct. 6th - Oct. 30th

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

*All dates are subject to change.



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!**

