

SWIMMING LESSONS

SESSIONS	SESSION DATES	REGISTRATION OPENS
Session D Saturdays	8/16/25-10/11/25	7/28/25-8/10/25
Session 15 Mon/Wed	8/18/25-8/27/25	7/28/25-8/10/25
Session 16 Tue/Thurs	8/19/25-8/28/25	7/28/25-8/10/25
Session 17 Mon/Wed	9/8/25-10/1/25	8/18/25-8/31/25
Session 18 Tue/Thurs	9/9/25-10/2/25	8/18/25-8/31/25

PRESCHOOL CLASSES 3-5 years old	MON & WED	TUE & THURS	SATURDAY
Stage 1: Water Acclimation	3:25p 6:20p	3:25p 5:10p	8:40a 9:15a 9:45a 11:00a
Stage 2: Water Movement	4:00p 5:10p	4:00p	9:50a 10:20a 10:55a
Stage 3: Water Stamina		5:45p	8:35a
SCHOOL AGE CLASSES 6-12 years old			
Stage 1: Water Acclimation			10:25a 11:35a
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+ yrs)			10:50a
Teen & Adult Stage 3/4 (12+ yrs)			11:25a



PRICE

Member \$90

Non-Member \$135

August Mini-Session PRICE

Member \$45

Non-Member \$67

MORE INFORMATION

704.795.9622


www.RoCabYMCA.org

Karen Harper


Associate Aquatics Director

704.795.9622 ext 6105

kharper@rocabymca.org

 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.



SWIMMING LESSONS

SESSIONS

Session 19 Mon/Wed
Session 20 Tue/Thurs
Session E Saturdays
Session 21 Mon/Wed
Session 22 Tue/Thurs

SESSION DATES

10/6/25-10/29/25
10/7/25-10/30/25
10/18/25-12/13/25
11/10/25-12/10/25
11/11/25-12/11/25

REGISTRATION OPENS

9/15/25-9/28/25
9/15/25-9/28/25
9/29/25-10/12/25
10/20/25-11/2/25
10/20/25-11/2/25



PRESCHOOL CLASSES

3-5 years old

Stage 1: Water Acclimation
Stage 2: Water Movement
Stage 3: Water Stamina

MON & WED

3:25p | 6:20p
4:00p | 5:10p

TUE & THURS

3:25p | 5:10p
4:00p
5:45p

SATURDAY

8:40a | 9:15a | 9:45a | 11:00a
9:50a | 10:20a | 10:55a
8:35a

SCHOOL AGE CLASSES

6-12 years old

Stage 1: Water Acclimation
Stage 2: Water Movement
Stage 3: Water Stamina
Stage 4: Stroke Introduction

4:35p | 5:45p
6:55p

4:35p
6:20p
6:55p

10:25a | 11:35a
9:10a | 10:15a | 11:30a
9:05a | 9:40a
8:30a

Parent & Child A (6m-18m)
Parent & Child B (19m-35m)

9:15a
10:25a

Teen & Adult Stage 1/2 (12+ years)
Teen & Adult Stage 3/4 (12+ years)

10:50a
11:25a

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