



SWIM LESSONS

**REGISTRATION
BEGINS
SEPTEMBER 15**

Session (8 classes)	Registration Dates	Class Dates
Saturday	Sept. 15 - Sept. 26	Oct. 4 - Nov. 22
Time	Instructor	Class & Age
9:00 - 9:30 am	Mr. Cohen	Stage 1 3-5 years old
	Ms. Lauren	Stage 2 3-5 years old
	Ms. Flannery	Stage 3 3-5 years old
9:30- 10:00 am	Ms. Flannery	Stage 2 6-12 years old
	Mr. Cohen	Stage 3 6-12 years old
	Ms. Lauren	Stage 4 6-12 years old
10:05- 10:35 am	Ms. Lauren	Stage 1 3-5 years old
	Ms. Flannery	Stage 2 3-5 years old
	Mr. Cohen	Stage 3 3-5 years old
10:35- 11:05 am	Ms. Lauren	Stage 2 6-12 years old
	Ms. Flannery	Stage 3 6-12 years old
	Mr. Cohen	Stage 4 6-12 years old
11:10- 11:40 am	Ms. Flannery	Stage 1 3-5 years old
	Mr. Cohen	Stage 2 3-5 years old
	Ms. Lauren	Stage 3 3-5 years old
11:45 am- 12:15 pm	Mr. Cohen	Stage 2 6-12 years old
	Ms. Flannery	Stage 3 6-12 years old
	Ms. Lauren	Stage 4 6-12 years old

Pre-school Classes

Water Acclimation,
Movement,
Stamina
Ages 3- 5 years

School Age Classes

Water
Acclimation,
Movement,
Stamina & Stroke
Intro
Ages 6- 12 years

PRICE

Member \$90

Non-Member \$135

MORE INFORMATION

704.454.7800

www.RoCabYMCA.org



>> Having trouble with class placement? Take questionnaire.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO SWIMMING



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months– 3 years
PARENT & CHILD:
STAGES A-B



3 years– 5 years
PRESCHOOL
STAGES 1-3



6 years –12 years
SCHOOL AGE:
STAGES 2-4



12+ years
**TEEN &
ADULT**

**WHICH STAGE IS THE
STUDENT READY FOR?**

Parent/child Classes

Water Discovery/ Exploration
Ages 6 months–3 years

Pre-school Classes

Water Acclimation,
Movement, Stamina
Ages 3– 5 years

School Age Classes

Water Acclimation,
Movement, Stamina &
Stroke Intro
Ages 6– 12 years

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Sabrina Peña

Aquatics Director
Harrisburg Branch

spena@rocabymca.org

704.454.7800 x3109

LESSON SELECTOR

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**