



# PRESCHOOL SWIM LESSONS

Ages 3-5 years old



SESSIONS	REGISTRATION	SESSION DATES
Session A SAT	12/15/25-12/29/25	1/10/26-2/28/26
Session 1 M/W	12/15/25-12/29/25	1/5/26-2/2/26
Session 2 T/TH	12/15/25-12/29/25	1/6/26-1/29/26
Session 3 M/W	1/19/26-2/2/26	2/9/26-3/4/26
Session 4 T/TH	1/19/26-2/2/26	2/10/26-3/5/26
Session 5 M/W	2/23/26-3/9/26	3/16/26-4/8/26
Session 6 T/TH	2/23/26-3/9/26	3/17/26-4/9/26

## Preschool Classes

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

## MON & WED

4:00p | 5:10p | 6:20p  
4:35p  
5:10p

## TUES & THURS

10:35a | 5:10p  
11:10a | 4:00p | 5:45p

## SATURDAY

9:10a | 9:15a | 10:25a  
11:00a | 11:35a  
10:20a

### Stage 1: Water Acclimation

No skills required.

Will learn how to...

- submerge & blow bubbles independently
- glide to wall with assistance
- roll back to front & front to back with assistance and recover independently
- front float & back float with assistance for 5 seconds & recover independently
- assisted swim, float, swim
- jump in & let water go over the head with assistance
- jump in & push back up to grab the wall with assistance
- exit the pool independently



### Stage 2: Water Movement

Stage 1 skills required.

Will learn how to...

- submerge & retrieve object on the bottom of pool independently
- front glide & back glide 5ft independently
- back float & front float 10 seconds independently
- roll back to front & front to back independently
- swim, float, swim 6yds using kicks only & recover independently
- tread water 10 seconds near wall & exit
- jump in with water over head and get back to the wall independently



### Stage 3: Water Stamina

Stage 2 skills required.

Will learn how to...

- submerge and retrieve object in chest-deep water
- swim, float, swim 10yds independently, using front & back crawl stroke
- roll back to front & front to back
- tread water 1 minute
- jump in the deep end, recover to the surface and swim back to the wall & exit the pool independently



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

Karen Harper

Associate Aquatics Director

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# SCHOOL AGE SWIM LESSONS

Ages 6-12 years old

SESSIONS	REGISTRATION	SESSION DATES
Session A SAT	12/15/25-12/29/25	1/10/26-2/28/26
Session 1 M/W	12/15/25-12/29/25	1/15/26-2/2/26
Session 2 T/TH	12/15/25-12/29/25	1/6/26-1/29/26
Session 3 M/W	1/19/26-2/2/26	2/9/26-3/4/26
Session 4 T/TH	1/19/26-2/2/26	2/10/26-3/5/26
Session 5 M/W	2/23/26-3/9/26	3/16/26-4/8/26
Session 6 T/TH	2/23/26-3/9/26	3/17/26-4/9/26

## School Age Classes

	MON & WED	TUES & THURS	SATURDAY
Stage 1: Water Acclimation (6-12yr)	6:55p	5:45p	8:40a   9:50a
Stage 2A: Water Movement (6-8yr)	5:45p	4:35p   6:55p	11:30a
Stage 2B: Water Movement (9-12yr)	5:45p	5:10p	9:45a   10:50a
Stage 3: Water Stamina (6-12yr)	6:55p	6:20p	9:40a   11:25a
Stage 4: Stroke Introduction (6-12yr)		6:55p	8:35a   10:15a
Stage 5/6: Stroke Development & Mechanics (6-12yr)			10:55a

### Stage 1: Water Acclimation

No skills required.

Will learn how to...

- submerge & blow bubbles independently
- glide to wall without assistance
- roll back to front & front to back & recover independently
- front float & back float for 10 seconds & recover independently
- swim, float, swim 10ft
- jump in & let water go over the head & push up to grab the wall
- exit the pool independently



### Stage 2: Water Movement

Stage 1 skills required.

Will learn how to...

- submerge & retrieve object on the bottom of pool independently
- front glide & back glide 10ft
- back float & front float 20 seconds
- roll back to front & front to back independently
- swim, float, swim 15yds using kicks only & recover independently
- tread water 30 seconds
- jump in with water over head, swim out and back to the wall independently



### Stage 3: Water Stamina

Stage 2 skills required.

Will learn how to...

- submerge and retrieve object in chest-deep water
- swim, float, swim 25yds independently, using front & back crawl stroke
- roll back to front & front to back
- tread water 1 minute
- jump in the deep end, recover to the surface and swim back to the wall & exit the pool independently



### 4 Stroke Introduction:

Level 3 skills required.

Will learn how to...

- front crawl w/ rhythmic breathing 20 yds
- breaststroke kick 20 yds
- butterfly kick 20 yds
- back crawl & elementary backstroke 20yds
- sitting dive
- tread water 1 min.



### 5 Stroke Development:

Level 4 skills required.

Will learn how to...

- front crawl w/ bent-arm recovery 25 yds
- breaststroke 25 yds
- butterfly w/ simultaneous arm action & kick for 15 yds
- back crawl pull for 25 yds
- kneeling dive
- sidestroke 25 yds
- tread water 2 min



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## MORE INFORMATION

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kharper@rocabyymca.org







# PARENT & CHILD TEEN & ADULT SWIM LESSONS

## SESSIONS

Session A SAT  
Session 1 M/W  
Session 2 T/TH  
Session 3 M/W  
Session 4 T/TH  
Session 5 M/W  
Session 6 T/TH

## REGISTRATION

12/15/25-12/29/25  
12/15/25-12/29/25  
12/15/25-12/29/25  
1/19/26-2/2/26  
1/19/26-2/2/26  
2/23/26-3/9/26  
2/23/26-3/9/26

## SESSION DATES

1/10/26-2/28/26  
1/5/26-2/2/26  
1/6/26-1/29/26  
2/9/26-3/4/26  
2/10/26-3/5/26  
3/16/26-4/8/26  
3/17/26-4/9/26

## Parent & Child Classes

Stage A: Water Discovery (6m-18m)  
Stage B: Water Exploration (19m-35m)  
Stage A & B: Water Discovery & Exploration (6m-35m)

## Teen & Adult Classes

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

## MON & WED

6:20p

## TUES & THURS

11:45a

6:20p

## SATURDAY

9:15a

10:25a

10:20a

8:30a

9:05a

## Stage 1 & 2: Teen/Adult

No skills required.

Will learn how to...

- submerge & blow bubbles independently
- glide 5ft to wall
- roll back to front & front to back recover independently
- front float & back float for 20 seconds & recover independently
- swim, float, swim 12yds
- jump in & let water go over the head & get back to the wall
- tread water 30 seconds
- exit the pool independently

## Stage A: Parent & Child (6m-18m)

Will learn how to...

- blow bubbles on the surface, assisted
- water entry and water exit with parent
- assisted front float & back float
- assisted front tow and back tow
- assisted roll
- assisted wall grab

## Stage 3 & 4: Teen/Adult

Stage 2 skills required.

Will learn how to...

- submerge and retrieve object in chest-deep water
- front crawl w/ rhythmic breathing 25yds
- back crawl 25yds
- breaststroke kick 25yds
- butterfly kick 25yds
- roll back to front & front to back
- tread water 1 minute
- jump in the deep end, recover to the surface & swim back to the wall & exit the pool independently

## Stage B: Parent & Child (19m-35m)

Will learn how to...

- blow bubbles with mouth and nose submerged, assisted
- water entry and water exit with parent
- assisted front float & back float
- assisted front tow with bubbles
- assisted back tow with ears in the water
- assisted roll from front to back & back to front
- assisted wall grab and crawl

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