

LESSON SELECTOR

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 15 yards of front and back crawl with effective form and confidence?

NOT YET

**3-WATER
STAMINA**

Can your student demonstrate front crawl with rotary breathing and sustain a one-minute tread?

NOT YET

**4-STROKE
INTRO**

Can the student swim front crawl, back crawl and breaststroke across the pool?

NOT YET

**5-STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, breaststroke and butterfly across the pool?

NOT YET

**6-STROKE
MECHANICS**

Preschool & School Age

3 yrs – 12 yrs

Day	Registration Dates	Class Dates
<u>Saturday</u>	Dec. 15th– Dec. 26th	Jan. 10th– Feb. 28th
<u>Monday & Wednesday</u>	Jan. 5th– Jan. 16th	Jan. 19th– Feb. 11th
<u>Tuesday & Thursday</u>	Jan. 5th– Jan. 16th	Jan. 20th – Feb. 12th

>> Weekday lessons will take place twice a week on Monday & Wednesday or Tuesday & Thursday for a total of 8 classes

>> Saturday lessons are once a week for 8 weeks.

>> Parent & Child classes are once a week for 8 classes. Parent & child classes are 45 minutes long.

>> Stages 1 and above are 30 minutes long

>> Space is limited for all classes. We will do our best to accommodate waiting lists but no guarantee.

Parent & Child

6 months – 3 yrs

Day	Registration Dates	Class Dates
<u>Monday</u>	Jan. 5th– Jan. 16th	Jan. 26th– Mar. 23rd
<u>Wednesday</u>	Jan. 5th– Jan. 16th	Jan. 28th– Mar. 25th
<u>Friday</u>	Jan. 5th– Jan. 16th	Jan. 30th– Mar. 27th

Adult & Teen

12+ yrs

Day	Registration Dates	Class Dates
<u>Saturday</u>	Dec 15th– Dec 26th	Jan 10th– Feb 28th



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?

SCAN INTO SWIMMING



For class times and
registration, please scan
the QR code

ROWAN-CABARRUS YMCA
rocabymca.org



SPLASH INTO SWIMMING



PRICE

Member \$90*

Non-Member \$135

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