



the PRESCHOOL SWIMMING LESSONS

PRICE

Member \$90

Non-Member \$135

MORE INFORMATION

Karen Harper

Associate Aquatics Director

704.795.9622 ext 6105

kharper@rocabymca.org



SESSIONS

Session 5 M/W

Session 6 T/TH

Session B SAT

REGISTRATION

2/23/26-3/2/26

2/23/26-3/9/26

2/23/26-3/9/26

SESSION DATES

3/16/26-4/8/26

3/17/26-4/9/26

3/21/26-5/16/26

Preschool Classes

MON & WED

TUES & THURS

SATURDAY

Stage 1: Water Acclimation

4:00p | 6:55p

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

9:10a | 9:15a | 10:25a

Stage 2: Water Movement

4:35p

11:10a | 4:35p | 6:55p

11:00a | 11:35a

Stage 3: Water Stamina

5:10p

9:40a

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.



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SCHOOL AGE SWIMMING LESSONS



SESSIONS

Session 5 M/W

Session 6 T/TH

Session B SAT

REGISTRATION

2/23/26-3/2/26

2/23/26-3/9/26

2/23/26-3/9/26

SESSION DATES

3/16/26-4/8/26

3/17/26-4/9/26

3/21/26-5/16/26

School Age Classes

Stage 1: Water Acclimation

Stage 2: Water Movement

Stage 3: Water Stamina

Stage 4: Stroke Introduction

Stage 5/6: Stroke Development

& Mechanics

MON & WED

6:20p

5:45p

5:10p

6:55p

TUES & THURS

5:10p

5:45p

6:20p

6:55p

SATURDAY

8:40a | 9:50a

9:45a | 10:50a | 11:30a

9:40a | 11:25a

9:40a | 11:25a

10:55a

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

Stage 4: Stroke Introduction:

Stage 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.

Stage 5/6: Stroke

Development/Mechanics:

Stage 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

Weekday lessons will take place twice a week on Monday & Wednesday or Tuesday & Thursday

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PARENT/CHILD & TEEN/ADULTS SWIMMING LESSONS



SESSIONS

Session 5 M/W

Session 6 T/TH

Session B SAT

REGISTRATION

2/23/26-3/2/26

2/23/26-3/9/26

2/23/26-3/9/26

SESSION DATES

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3/21/26-5/16/26

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

8:30a

9:05a

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 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

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 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

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