

STAGE 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>	May 4th- May 15th	May 30th- July 25th
<u>Monday & Wednesday</u>	Apr. 6th- Apr. 17th	Apr. 20th- May 13th
<u>Tuesday & Thursday</u>	April 6th- Apr 17th	Apr. 21st- May 14th

Private

Day	Registration Dates	Class Dates
<u>Tuesday</u>	Apr. 13th- Apr. 23rd	May 12th
<u>Thursday</u>	Apr. 13th- Apr. 23rd	May 14th

Parent & Child 6 months - 3 yrs

Day	Registration Dates	Class Dates
<u>Monday</u>	Mar. 30th- Apr. 10th	Apr. 20th- Jun. 8th
<u>Tuesday</u>	May 11th- May 22nd	Jun. 9th- July 28th
<u>Wednesday</u>	Mar. 30th- Apr. 10th	Apr. 22nd- Jun. 10th
<u>Thursday</u>	May 11th- May 22nd	Jun. 11th- Aug. 6th
<u>Friday</u>	Mar. 30th- Apr. 10th	Apr. 24th- Jun. 12th

Adult & Teen 12+ yrs

Day	Registration Dates	Class Dates
<u>Tuesday</u>	May 11th- May 22nd	Jun 9th- July 28th
<u>Thursday</u>	May 11th- May 22nd	Jun 11th- July 30th

- Weekday Lessons: Meet twice a week (Mon&Wed or Tue&Thu) for 8 total classes
- Saturday Lessons: Meet once a week for 8 weeks
- Parent & Child: Meet once a week for 8 classes (45 minutes each)
- Private Lessons: 10 redeemable lessons to use within 12 weeks (price is not the same as group lessons)
- Class Size: Space is limited; waitlists may be used but are not guaranteed



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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