



STRONG SWIMMERS CONFIDENT KIDS

Spring Swim Lessons

April 17th – June 11th

Registration: Members – April 3rd & General Public – April 10th

Break Week: May 29th–June 4th

Parent Child - A/B Ages 6 months - 18 months	Members: \$22 General Public: \$44	30 minute lessons
Parent Child - Ages 1-3 Ages 18 months - 3 years old	Members: \$22 General Public: \$44	30 minute lessons
Preschool Ages 3 - 5 years old	Members: \$28 General Public: \$52	30 minute lessons

School Age Ages 6 years and older	Members: \$34 General Public: \$62	45 minute lessons
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Parent Child A/B	Thursdays, 10:00am - 10:30am
Parent Child - Ages 1-3	Thursdays, 10:30am - 11:00am Thursdays, 4:55pm - 4:25pm
Preschool Stage 1	Mondays, 5:05pm-5:35pm Tuesdays, 4:55pm-5:25pm Thursdays, 3:30pm-4:00pm Thursdays, 4:20pm-4:50pm
Preschool Stage 2	Tuesdays, 3:30pm-4:00pm Wednesdays, 4:20pm-4:50pm Thursdays, 4:05pm-4:35pm
Preschool Stage 3	Tuesdays, 3:30pm-4:00pm Wednesdays, 4:20pm-4:50pm
Preschool Stage 4	Mondays, 5:05pm-5:35pm

Stage 1	Mondays, 5:40pm-6:25pm Wednesdays, 3:30pm-4:15pm
Stage 2	Mondays, 4:15pm-5:00pm Tuesdays, 4:05pm-4:50pm Thursdays, 4:40pm-5:25pm
Stage 3	Mondays, 4:15pm-5:00pm Thursdays, 3:30pm-4:15pm
Stage 4	Mondays, 5:40pm-6:25pm Wednesdays, 3:30pm-4:15pm
Stage 5	Tuesdays, 4:05pm-4:50pm
Stage 6	Mondays, 4:20pm-5:05pm

***WE ARE HIRING SWIM
INSTRUCTORS &
LIFEGUARDS!***

Updated: 4/3/23



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STRONG SWIMMERS CONFIDENT KIDS



SWIM LESSONS

At the Y, our swim lessons build skills, confidence, and character. Our new curriculum focuses on developing sequence based skill sets that organically build on one another. Students will learn faster, be safer sooner, and progress more quickly through the various levels.

SWIM STARTERS

Parent & Child Lessons

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Ages: 6 months—3 years (30 min)

A/B WATER DISCOVERY &

EXPLORATION Introduces infants and toddlers ages 6 months - 18 months to the aquatic environment. Explores body positions, blowing bubbles, and fundamental safety and aquatic skills.

AGES 1-3 PARENT & CHILD

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with parental assistance.

NEVER TOO LATE –

ADULT SWIM LESSONS

Have you always wanted to learn to swim? This is the class for you! You will learn to overcome barriers and develop basic swimming skills in a one on one setting.

SWIM BASICS

Preschool & School Age lessons

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills.

Age: 3 years to 5 years (30 min)

Age: 6 years and older (45 min)

1 /WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2 /WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.

3 /WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES

School Age Lessons

Skills to support a healthy lifestyle. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Age: 6 years and older (45 min)

4 /STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5 /STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6 /STROKE MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

YMCA OF THE NORTHWOODS

www.ymcaofthenorthwoods.org