



**FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Swim Lesson Schedule

| Program | Price |
|---|---|
| Group Swim Lessons: M/W | Member: \$107 Program Participant: \$131 |
| Group Swim Lessons: T/TH | Member: \$107 Program Participant: \$131 |
| Group Swim Lessons: Saturdays | Member: \$55 Program Participant: \$67 |
| Private Swim Lessons Per 30 Minute Lesson: | Member: \$40 Program Participant: \$57 |
| Pre-Comp: M/W | Member: \$123 Program Participant: \$147 |
| Pre-Comp: T/Th | Member: \$123 Program Participant: \$147 |
| Pre-Comp: Saturdays | Member: \$63 Program Participant: \$75 |

| Session | Session Dates | Registration Opens |
|-----------------------------|------------------|--------------------|
| January 4 weeks | 1/3-1/29 | 12/13 |
| February 4 weeks | 1/31-2/26 | 1/10 |

Register Online:
www.weymca.org/swimlessons



Can the student respond to verbal cues and jump on land?

NOT YET A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET 1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET 2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET 3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET 4 / STROKE INTRODUCTION

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, and breaststroke across the pool and back?

NOT YET 6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

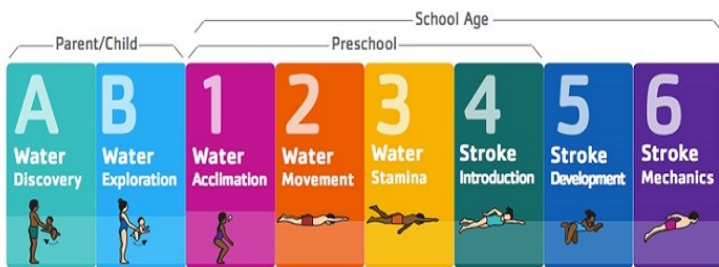
Questions? Email emily.schleich@weymca.org

Schedule by Skill Stage

| Stage | M/W | T/TH | SAT |
|--------------------------------|-------------|-------------|------------------------------|
| Parent Child A&B | | | 10:45-11:15am |
| Preschool 1 | | 4:20-4:50pm | 10:10-10:40am |
| Preschool 2 | 3:45-4:15pm | 4:20-4:50pm | 9:00-9:30am 10:45-11:15am |
| Preschool 3 | 4:20-4:50pm | 3:10-3:40pm | 11:20-11:50am |
| Preschool 4 | | | 12:30-1:00pm |
| Pre-Comp | 5:30-6:15pm | 5:30-6:15pm | 12:30-1:15pm |

| Stage | M/W | T/TH | SAT |
|-------------------|----------------------------|----------------------------|--|
| Youth 1 | | | |
| Youth 2 | | | 11:20-11:50am |
| Youth 3 | 4:55-5:25pm | | 9:35-10:05am |
| Youth 4 | 3:45-4:15pm 4:55-5:25pm | 3:45-4:15pm 5:30-6:00pm | 9:00-9:30am 9:35-10:05am 11:55-12:25pm |
| Youth 5 | 3:10-3:40pm 5:30-6:00pm | 4:55-5:25pm | 10:10-10:40am 11:55-12:25pm |
| Youth 6 | 4:20-4:50pm | 3:45-4:15pm 4:55-5:25pm | 11:20-11:50pm 11:55-12:25pm |

Adult Swim Classes (18+):
Sat 12:30-1:00 PM



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