



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson Schedule – January

Program	Price
Group Swim Lessons: Monday/Wednesday Tuesday/Thursday	Member: \$110 Program Participant: \$135
Group Swim Lessons: Saturdays	Member: \$55 Program Participant: \$68
Private Swim Lessons Per 30 Minute Lesson	Member: \$45 Program Participant: \$60
Adult Swim Techniques: Saturdays	Member: \$70 Program Participant: \$104

Program	Price
Pre-Comp A: Monday, Wednesday & Friday	Member: \$165 Program Participant: \$198
Pre-Comp B: Tuesday & Thursday Saturday	Member: \$120 Program Participant: \$144 Mem: \$60/Non-Mem: \$72
Swim Team: Monday-Friday (Members Only)	Bronze: \$110 Silver: \$120 Gold: \$140

Program	Price
Splash Ball Intro to Water Polo Saturdays	Member: \$60 Program Participant: \$90

Session	Session Dates	Registration Opens
January	1/8-2/3	12/20
February	2/5-3/3	1/17
March	3/5-3/31	2/14
April	4/2-4/28	3/21
May	5/1-5/26	4/18

Which Stage is The Student Ready For?

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

NOT YET

A / WATER
DISCOVERY

Is the student comfortable 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 their own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10-15 yards on their 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

Stage	Saturday	M/W	T/Th
Parent/Child A/B	10:35am-11:05am		
Preschool 1	10:00am-10:30am		
Youth 1	11:45am-12:15pm		
Preschool 2	10:35am-11:05am	3:30pm-4:00pm	
Youth 2	11:10am-11:40am 11:45am-12:15pm	3:30pm-4:00pm	
Preschool 3	11:10am-11:40am		3:30pm-4:00pm
Youth 3	10:00am-10:30am 10:35am-11:05am 11:45am-12:15pm	4:45pm-5:15pm	3:30pm-4:00pm
Preschool 4	11:10am-11:40am		
Youth 4	10:00am-10:30am 12:20pm-12:50pm	4:15pm-4:45pm	4:15pm-4:45pm
Youth 5	12:55pm-1:25pm	4:15pm-4:45pm	4:15pm-4:45pm x2
Youth 6	1:30pm-2:00pm	4:45pm-5:15pm	4:45pm-5:15pm x2
Adult Swim Techniques	12:20pm-1:10pm (Beginner) 1:15pm-2:05pm (Intermediate)		

PRE-COMPEITION CLASSES:

M/W/F (A) - 5:15pm-6:00pm

T/TH (B) - 5:15pm-6:00pm

SAT (B) - 3:00pm-3:45pm

SWIM TEAM LEVELS:

Bronze - 7:00pm-8:00pm

Silver - 6:30pm-8:00pm

Gold - 6:00pm-8:00pm

PRIVATE SWIM LESSONS AVAILABLE

VISIT OUR WEBSITE www.weymca.org/swimlessons



Infant & Toddler
6 mos.-3 yrs.
Stages A-B



Preschool
3-5 yrs.
Stages 1-6



School Age
5-12 yrs.
Stages 1-6



Teen & Adult
12+ yrs.

Questions? Email crystal@weymca.org

