



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson Schedule – December

Program	Price
Group Swim Lessons: Monday/Wednesday *7 days	Member: M/W: \$115 T/TH: \$131 Program Participant:
Tuesday/Thursday	M/W: \$136 T/TH: \$155
Group Swim Lessons: Saturdays *3 days	Member: \$51 Program Participant: \$60
Private Swim Lessons Per 30 Minute Lesson	Member: \$45 Program Participant: \$60
Adult Swim Techniques: Saturdays *3 days	Member: \$51 Program Participant: \$60

Program	Price
Pre-Comp A: Monday, Wednesday & Friday	Member: \$219 Program Participant: \$255
Pre-Comp B: Tuesday & Thursday Saturday	Member: \$147 Program Participant: \$171 Mem: \$57/Non-Mem: \$66
Swim Team: Monday-Friday (Members Only)	Bronze: \$125 Silver: \$135 Gold: \$155

Session	Session Dates	Registration Opens
December	12/3-12/29	11/21
January	1/3-1/26	12/19
February	1/30-2/25	1/16
March	2/27-3/30	2/20

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			
Preschool 1	10:00am- 10:30am 12:20pm- 12:50pm	3:00pm-3:30pm	
Youth 1	11:45am- 12:15pm	4:10pm-4:40pm	3:35pm-4:05pm
Preschool 2	11:10am-11:40am	3:35pm-4:05pm	
Youth 2	10:35am- 11:05am 12:20pm- 12:40pm		4:45pm-5:15pm
Preschool 3	10:35am- 11:05am	3:00pm-3:30pm	
Youth 3	10:00am- 10:30am 11:45am- 12:15pm 12:55pm- 1:25pm	4:45pm-5:15pm	4:10pm-4:40pm
Preschool 4	11:10am-11:40am		
Youth 4	11:10am-11:40am 11:45am- 12:15pm	3:35pm-4:05pm	3:00pm-3:30pm
Youth 5	10:00am- 10:30am 12:20pm- 12:50pm	4:10pm-4:40pm	3:35pm-4:05pm
Youth 6	10:35am- 11:05am	4:45pm-5:15pm	4:10pm-4:40pm
Adult Swim Techniques	9:00am-9:30am (Beg.) 9:30am- 10:00am (Inter.)		

PRE-COMPETITION CLASSES:

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

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

SAT (B) - 1:00pm-1:45pm

SWIM TEAM LEVELS:

Bronze - 7:00pm-8:00pm

Silver - 6:30pm-8:00pm

Gold - 6:00pm-8:00pm

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