



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson Schedule – April

| Program | Price |
|---|---|
| Group Swim Lessons: Monday/Wednesday | Member: M/W: \$151 T/TH: \$151 |
| Tuesday/Thursday | Program Participant: M/W: \$175 T/TH: \$175 |
| Group Swim Lessons: Saturdays *5 Weeks* | Member: \$95.50 Program Participant: \$110.50 |
| Private Swim Lessons Per 30 Minute Lesson | Member: \$50 Program Participant: \$65 |
| Adult Swim Techniques: Saturdays | Member: \$95.50 Program Participant: \$110.50 |

| Program | Price |
|--|---|
| Pre-Comp A: Monday, Wednesday & Friday | Member: \$249 Program Participant: \$285 |
| Pre-Comp B: Tuesday & Thursday | Member: \$167 Program Participant: \$191 |
| Swim Team: Monday-Friday (Members Only) | Bronze: \$130 Silver: \$140 Gold: \$160 |

| Session | Session Dates | Registration Opens |
|---------|---------------|--------------------|
| April | 4/3-4/29 | 3/13 |
| May | 5/1-5/27 | 4/10 |
| June | 5/30-6/29 | 5/8 |
| July | 7/3-7/29 | 6/12 |

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

PRE-COMPEITION CLASSES:

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

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

SWIM TEAM LEVELS:

Bronze - 7:00pm-8:00pm

Silver - 6:30pm-8:00pm

Gold - 6:00pm-8:00pm



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