



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson Schedule – October

Program	Price
Group Swim Lessons: Monday/Wednesday *5 weeks*	Members: M/W: \$213 T/TH: \$192
Tuesday/Thursday *9 days*	Program Participants: M/W: \$243 T/TH: \$219
Group Swim Lessons: Tuesdays Thursdays Saturdays	Member: \$87 Program Participant: \$99
Private Swim Lessons Per 30 Minute Lesson	Member: \$50 Program Participant: \$65
Adult Swim Techniques: Saturdays	Member: \$87 Program Participant: \$99

Program	Price
Pre-Comp A: Monday, Wednesday & Friday	Member: \$279 Program Participant: \$315
Pre-Comp B: Tuesday & Thursday	Member: \$187 Program Participant: \$211
Swim Team: Monday-Friday (Members Only)	Bronze: \$130 Silver: \$140 Gold: \$160

Session	Session Dates	Registration Opens
October	10/2-10/28	9/18
November	10/30-11/30	10/16
December	12/2-12/22	11/13
January	1/2-2/1	12/18

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	Tuesday	Thursday	M/W	T/TH
Parent/Child A/B					
Preschool 1	10:00am-10:30am 11:10am-11:40am 12:20pm-12:50pm			3:15pm-3:45pm 4:25pm-4:55pm	
Youth 1	10:00am-10:30am 11:45am-12:15pm 1:30pm-2:00pm	3:50pm-4:20pm		3:50pm-4:20pm	
Preschool 2	10:35am-11:05am 12:20pm-12:50pm			3:50pm-4:20pm	
Youth 2	11:10am-11:40am 12:20pm-12:50pm 1:30pm-2:00pm		4:25pm-4:55pm	3:50pm-4:20pm 4:25pm-4:55pm	3:15pm-3:45pm
Preschool 3	12:55pm-1:25pm			3:15pm-3:45pm	
Youth 3	10:00am-10:30am 10:35am-11:05am 11:10am-11:40am 11:45am-12:15pm	4:25pm-4:55pm		3:15pm-3:45pm 4:25pm-4:55pm	4:25pm-4:55pm
Preschool 4	11:10am-11:40am		3:50pm-4:20pm		
Youth 4	11:45am-12:15pm 12:55pm-1:25pm		3:15pm-3:45pm	3:50pm-4:20pm 4:25pm-4:55pm	5:00pm-5:30pm
Youth 5	11:45am-12:15pm 12:55pm-1:25pm			3:15pm-3:45pm 5:00pm-5:30pm	3:15pm-3:45pm 3:50pm-4:20pm 5:00pm-5:30pm
Youth 6	10:35am-11:05am	3:15pm-3:45pm		5:00pm-5:30pm	4:25pm-4:55pm 3:50pm-4:20pm
Adult Swim Techniques	9:00am-9:30am (Beg.) 9:30am-10:00am (Inter.) 12:55pm-1:25pm (Beg.) 1:30pm-2:00pm (Inter.)				

PRE-COMPETITION 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