



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson Schedule – March

| Program | Price |
|--|--|
| Group Swim Lessons: Monday/Wednesday | Members: M/W: \$179 T/TH: \$179 |
| Tuesday/Thursday | Program Participants: M/W: \$203 T/TH: \$203 |
| Group Swim Lessons: Saturdays *5 Days* | Member: \$113 Program Participant: \$128 |
| Private Swim Lessons Per 30 Minute Lesson | Member: \$51 Program Participant: \$66 |
| Adult Swim Techniques: Saturdays *5 days* | Member: \$113 Program Participant: \$128 |

| Program | Price |
|--|---|
| Pre-Comp A: Monday, Wednesday & Friday | Member: \$291 Program Participant: \$327 |
| Pre-Comp B: Tuesday & Thursday | Member: \$195 Program Participant: \$219 |
| Swim Team: Monday-Friday (Members Only) | Bronze: \$135 Silver: \$145 Gold: \$165 |

| Session | Session Dates | Registration Opens |
|---------|---------------|--------------------|
| March | 3/4-3/30 | 2/19 |
| April | 4/1-4/27 | 3/11 |
| May | 5/6-5/30 | 4/15 |
| June | 6/1-6/27 | 5/13 |

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