



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER 2023-JUNE 2024 SWIM LESSONS SCHEDULE

Session begins September 11, 2023. September will be pro-rated based on session start date.

PRESCHOOL AQUATICS (ages 6 months-5 years)	Monday	Tuesday	Wednesday	Saturday	Sunday
SWIM STARTERS: Please note: Children enrolled in Water Discovery and Water Exploration classes must have a parent accompany them in the water during class.					
Stage A / Water Discovery (6-30 months)				8:45-9:15am	
Stage B / Water Exploration (2-3 years)				9:15-9:45am	
SWIM BASICS					
Stage 1 / Water Acclimation (3-5 years)	4:00-4:30pm	4:00-4:30pm	5:30-6:00pm	10:00-10:30am	9:00-9:30am
		5:30-6:00pm		11:00-11:30am	
Stage 2 / Water Movement (3-5 years)	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	10:00-10:30am	9:30-10:00am
		5:30-6:00pm	5:30-6:00pm		
Stage 3 / Water Stamina (3-5 years)	4:00-4:30pm	4:00-4:30pm	4:30-5:00pm	10:30-11:00am	10:00-10:30am
	5:00-5:30pm		5:30-6:00pm	11:30am-12:00pm	
SWIM STROKES					
Stage 4 / Stroke Introduction (3-5 years)	5:00-5:30pm		4:30-5:00pm	11:00-11:30am	
YOUTH AQUATICS (ages 6-12 years)	Monday	Tuesday	Wednesday	Saturday	Sunday
SWIM BASICS					
Stage 1 / Water Acclimation	4:30-5:00pm	4:30-5:00pm		10:00-10:30am	9:00-9:30am
		5:00-5:30pm		10:30-11:00am	
Stage 2 / Water Movement	4:30-5:00pm	4:30-5:00pm	4:00-4:30pm	10:30-11:00am	9:30-10:00am
		5:00-5:30pm	5:00-5:30pm		
Stage 3 / Water Stamina	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	11:00-11:30am	10:00-10:30am
	5:30-6:00pm		5:00-5:30pm	11:30am-12:00pm	
	6:00-6:30pm				
SWIM STROKES					
Stage 4 / Stroke Introduction	5:30-6:00pm		4:00-4:30pm	11:30am-12:00pm	
	6:00-6:30pm		5:00-5:30pm		
Stage 5 / Stroke Development	5:00-5:45pm	4:30-5:15pm		10:15-11:00am	
	5:45-6:30pm	5:15-6:00pm		12:00-12:45pm	
Stage 6 / Stroke Mechanics		5:15-6:00pm		11:00-11:45am	
SWIM LESSONS PATHWAYS					
Aquatic Conditioning (formerly Piranha, 9-12 years)				11:45-12:30pm	

TEEN/TWEEN AQUATICS (ages 13-18 years)	Tuesday	Thursday
Stages 1-3 / Swim Basics Teen/Tween	6:00-6:30pm	5:30-6:00pm
		6:00-6:30pm
Stages 4-6 / Swim Strokes Teen/Tween		6:30-7:15pm

Monthly Price for a 30-minute swim class:
\$62 for 3 classes; \$82 for 4 classes; \$102 for 5 classes
Monthly Price for a 45-minute swim class:
\$98 for 3 classes; \$130 for 4 classes; \$162 for 5 classes

ADULT AQUATICS (ages 18 years+)	Tuesday	Wednesday	Thursday	Sunday
Stages 1-3 / Swim Basics (18yrs+)	6:00-6:30pm			9:00-9:30am
				9:30-10:00am
Stages 4-5 / Swim Strokes (18yrs+)				10:00-10:30am
Stage 6 / Stroke Mechanics (18yrs+)			7:15-8:00pm	

For more information on swim lessons, please email aquatics@fspymca.org.