

SWIM LESSON SCHEDULE

May 3 – June 27



MONDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
Adult 5:20 – 6:00pm	Youth 1 4:00 – 4:30pm	Adult 6:10 – 6:50pm	Parent/Child 8:00 – 8:30am	Preschool 1 8:00 – 8:30am
Preschool 1 4:00 – 4:30pm	Youth 2 4:00 – 4:30pm	Preschool 1 4:00 – 4:30pm	Preschool 1 8:50 – 9:20am	Preschool 2 8:00 – 8:30am
Preschool 2 4:00 – 4:30pm	Youth 3 4:40 – 5:10pm	Preschool 2 4:00 – 4:30pm	Preschool 2 9:30 – 10:00am	Teen 10:10 – 10:50am
Preschool 3 4:40 – 5:10pm	Youth 4 4:40 – 5:10pm	Youth 2 4:40 – 5:10pm	Preschool 3 9:30 – 10:00am	Youth 1 8:50 – 9:20am
Preschool 4 4:40 – 5:10pm	Youth 5 5:20 – 6:00pm	Youth 4 5:30 – 6:00pm	Youth 1 10:50 – 11:20am	Youth 2 8:50 – 9:20am
	Youth 6 5:20 – 6:00pm	Youth 5 5:20 – 6:00pm	Youth 2 10:50 – 11:20am	Youth 3 8:50 – 9:20am
		Youth 6 6:10 – 6:50pm	Youth 3 10:50 – 11:20am	Youth 4 9:30 – 10:00am
			Youth 4 11:30 – 12:00pm	Youth 5 10:10 – 10:50am
			Youth 5 8:50 – 9:20am	Youth 6 10:10 – 10:50am
			Youth 6 8:50 – 9:20am	

Uncertain what lessons is right for your child?

Check out our Lesson Selector on the back of this schedule as a guide.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

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 working 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 his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her 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