



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2 SWIM LESSONS

Northshore YMCA April 14-June 9, 2018

SPRING 2 SESSION DATES & FEES

April 14-June 9 No Lesson April 21, May 27-28

FEES	7wks	8 wks
FM	\$70	\$80
CM	\$140	\$160



SPRING 2 REGISTRATION DATES

FM	March 31, 2018	7:00 am
CM	April 4, 2018	8:00 am

PRIVATE SWIM LESSONS

FM/CM	March 31, 2018	7:00 am
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PRESCHOOL SWIM LESSONS

AGES: 3-5yrs

updated 3.22.18

Stage 1: Water Acclimation For preschool age children who have never had swim lessons or are afraid of the water.

Saturdays	Sundays	Mondays	Wednesdays
9:00, 10:00	10:00, 12:00	10:00, 11:30 4:30, 6:30	5:00, 6:00

Stage 2: Water Movement For preschool age children who are comfortable in the water and able to swim and float assisted for 5 feet.

Saturdays	Sundays	Mondays	Wednesdays
9:30, 10:30	10:30, 11:30	11:00, 4:30 6:00	4:00, 5:00 6:30

Stage 3: Water Stamina For preschool age children who can swim 10 yards unassisted with their face in the water.

Saturdays	Sundays	Mondays	Wednesdays
10:00, 10:30	11:00	5:30	5:30

Stage 4: Stroke Introduction For preschool age children who can swim 15 yards with their face in the water.

Saturdays	Sundays	Mondays	Wednesdays
	12:30	5:00	

SATURDAY
APRIL 21st

MAKE IT A PLAY DATE



Healthy Kids Day

NO SWIM
LESSONS

SCHOOL AGE SWIM LESSONS AGES: 6-12yrs

Stage 1: Water Acclimation For school age children who have never had swim lessons or are afraid of the water.

Saturdays	Sundays	Mondays	Wednesdays
11:00	11:00	6:00	6:00

Stage 2: Water Movement For school age children who are comfortable in the water and able to swim and float assisted for 10 feet.

Saturdays	Sundays	Mondays	Wednesdays
10:30, 11:30	10:00, 12:00	5:30, 6:30	5:00, 6:30

Stage 3: Water Stamina For school age children who can swim 15 yards unassisted with their face in the water.

Saturdays	Sundays	Mondays	Wednesdays
10:00, 11:30	10:30, 12:30	5:00	4:30, 5:30

Stage 4: Stroke Introduction For school age children who have mastered the fundamentals and can swim 15 yards with their face in the water.

Saturdays	Sundays	Mondays	Wednesdays
10:30, 11:00	10:00, 11:30	4:30, 5:30	4:30, 5:00 5:30

Stage 5: Stroke Development For school age children who can swim 25 yards and show endurance in the water with any stroke.

Saturdays	Sundays	Mondays	Wednesdays
9:30, 11:00	10:30, 11:30	4:30, 5:00	5:00, 5:30

Stage 6: Stroke Mechanics For school age children who can swim 50 yards and show endurance in the water with any stroke.

Saturdays	Sundays	Mondays	Wednesdays
9:00, 11:30	11:00	5:00, 5:30	5:30

ADULT SWIM LESSONS AGES: 13+

Beginner: For individuals who have never had swim lessons or are uncomfortable around water.

Saturdays	Mondays	Wednesday
9:00, 9:30	6:00, 6:30	6:00, 6:30

Intermediate: For individuals who are comfortable in the water, and able to swim and float unassisted up to 15ft.

Saturdays
10:00

ADVANCED TECHNIQUE & ENDURANCE

For individuals who have passed STAGE 6. Participants continue to work on technique and increase their endurance in this **45 min. class.**

Saturdays	Sundays	Mondays	Wednesdays
11:00	12:00	6:00	6:00

FEES:	7wks	8wks
FM	\$105	\$120
CM	\$210	\$240

PARENT & CHILD SWIM LESSONS

Stage A: Water Discovery Infants and toddlers will become comfortable in the water and develop swim readiness skills. Parents learn important water safety skills and supervision.

Mondays
10:30

AGES: 6mo-3yrs

Stage B: Water Exploration In stage B, parents work with their children to explore body positions, floating, blowing bubbles and aquatic safety.

Mondays
10:30

NORTHSHORE YMCA

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Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**