



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL #1 SWIM LESSONS

Northshore YMCA September 15-October 24

## FALL #1 SESSION DATES & FEES

September 15-October 24

FEES	FM	CM
6 weeks	\$60	\$120

## FALL #1 REGISTRATION DATES

FM	September 8, 2018	7:00 am
CM	September 12, 2018	8:00 am

## PRIVATE SWIM LESSONS

FM/CM	September 8, 2018	7:00 am
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## PRESCHOOL SWIM LESSONS

AGES: 3-5yrs

**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, 6:00	5:30

**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	10:00, 11:00 4:30, 6:00	4:00, 5:00

**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	10:30, 5:30	5:30

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

Sundays	Mondays
12:30	5:00

# 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.

<b>Saturdays</b> 11:00	<b>Sundays</b> 11:00	<b>Mondays</b> 6:30	<b>Wednesdays</b> 6:00
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**Stage 2: Water Movement** For school age children who are comfortable in the water and able to swim and float assisted for 10 feet.

<b>Saturdays</b> 10:30, 11:30	<b>Sundays</b> 10:00, 12:00	<b>Mondays</b> 5:30, 6:30	<b>Wednesdays</b> 5:00, 6:30
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**Stage 3: Water Stamina** For school age children who can swim 15 yards unassisted with their face in the water.

<b>Saturdays</b> 9:00, 10:00 11:30	<b>Sundays</b> 10:30, 12:30	<b>Mondays</b> 5:00	<b>Wednesdays</b> 4:30, 6:00
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**Stage 4: Stroke Introduction** For school age children who have mastered the fundamentals and can swim 15 yards with their face in the water.

<b>Saturdays</b> 9:30, 10:30 11:00	<b>Sundays</b> 10:00, 11:30	<b>Mondays</b> 4:30, 5:30	<b>Wednesdays</b> 4:00, 4:30
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**Stage 5: Stroke Development** For school age children who can swim 25 yards and show endurance in the water with any stroke.

<b>Saturdays</b> 9:30, 11:00	<b>Sundays</b> 10:30, 11:30	<b>Mondays</b> 5:00	<b>Wednesdays</b> 5:00
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**Stage 6: Stroke Mechanics** For school age children who can swim 50 yards and show endurance in the water with any stroke.

<b>Saturdays</b> 9:00, 11:30	<b>Sundays</b> 11:00	<b>Mondays</b> 5:00, 5:30	<b>Wednesdays</b> 5:30
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## ADULT SWIM LESSONS AGES: 13+

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

<b>Saturdays</b> 9:30	<b>Mondays</b> 6:00	<b>Wednesdays</b> 6:30
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**Intermediate:** For individuals who are comfortable in the water, and able to swim and float unassisted up to 15ft.

<b>Saturdays</b> 10:00	<b>Mondays</b> 6:30
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## ADVANCED TECHNIQUE & ENDURANCE

**AGES 6-12** For individuals who have passed level 6. Students continue to refine the competitive strokes and gain endurance in this 45 min. class.

<b>Saturdays</b> 11:00	<b>Mondays</b> 6:00	<b>Wednesdays</b> 6:00
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<b>COST: FM</b> \$90	<b>CM</b> \$150
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## 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.

<b>Saturdays</b> 9:00	<b>Mondays</b> 10:30
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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.

<b>Saturdays</b> 9:00	<b>Mondays</b> 10:30
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### 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.**