



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Y YOUTH SWIM LESSONS

Spring II 4/22-6/15/2019 - 8 week session

Registration opens for Members 4/8/19 & Community Members 4/10/19

PARENT & CHILD (6 months-3 yr)	FEE	DURATION	MON	TUES	WED	THUR	FRI	SAT	
Stage A Water Discovery & Stage B Water Exploration	\$48 Member \$78 Community Member	30 mins		10:00 AM	5:15 PM			8:30 AM	
Stage 1 with Parent *2-4 years old	\$48 Member \$78 Community Member	30 mins						10:30 AM	
PRESCHOOL (3-5)	FEE	DURATION	MON	TUES	WED	THUR	FRI	SAT	
Stage 1 Water Acclimation & Stage 2 Water Movement	\$48 Member \$78 Community Member	30 mins		4:30 PM 6:00 PM	10:00 AM 5:00 PM	5:30 PM	5:00 PM	9:00 AM 10:00 AM	
Stage 3 Water Stamina	\$48 Member \$78 Community Member	30 mins			5:00 PM		5:30 PM	9:30 AM	
Stage 4 Water Stroke Introduction	\$48 Member \$78 Community Member	30 mins					4:30 PM	8:30 AM	
YOUTH (5-12)	FEE	DURATION	MON	TUES	WED	THUR	FRI	SAT	
Stage 1 Water Acclimation & Stage 2 Water Movement	\$56 Member \$89 Community Member	40 mins		4:30 PM	5:30 PM	6:00 PM	5:15 PM	10:30AM	
Stage 3 Water Stamina & Stage 4	\$56 Member \$89 Community Member	40 mins	6:00 PM* big pool	5:15 PM	5:30 PM	6:00 PM	4:30 PM	9:00 AM	
Stage 5 Stroke Development & Stage 6 Stroke Mechanics	\$56 Member \$89 Community Member	40 mins				5:00 PM		9:45 AM	
Special Programs	FEE	DURATION	MON	TUES	WED	THUR	FRI	SAT	
Pre-Competitive Swim Lessons (2X week/monthly)	\$50 Member \$75 Community Member	60 mins		5:30 PM- 6:30 PM big pool		5:30 PM- 6:30 PM big pool			
Gym & Splash	\$65 Member \$105 Community Member	45 mins		5:15 PM Gym 6PM Swim					
Tumble & Splash	\$65 Member \$105 Community Member	1.25 Hours						9:45 AM Gym & 10:30 AM Swim	
Private Lessons (6 classes)	\$120 Member \$200 Community Member	30 Mins		Call to set up an appointment.					
Semi-Private Lessons (6 classes)	\$120 Member \$200 Community Member	30 mins							



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STRONG SWIMMERS CONFIDENT KIDS

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3
years



3 years–5
years



5 years–12
years



12+ years
TEEN &

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

3 yrs.
&
under

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

3–12
yrs.

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

YMCA OF GREATER WESTFIELD 413.568.8631 / www.westfieldymca.org