



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS

AT LOUISVILLE AREA YMCA  
SUMMER 1 JUNE 6TH-JULY 9TH

SUMMER 2 JULY 11TH-AUGUST 13TH



## PRESCHOOL SWIM LESSONS

### Ages 3 Years-Kindergarten

#### Monday

- Stage 1: 5:50pm
- Stage 2: 5:50pm
- Stage 3: 6:30pm
- Stage 4: 6:30pm

#### Tuesday

- Stage 1: 10:00am
- Stage 2: 10:35am
- Stage 2: 5:50pm
- Stage 3: 6:30pm

#### Thursday

- Stage 1: 10:00am
- Stage 2: 10:35am
- Stage 1: 5:50pm
- Stage 2: 6:30pm

#### Saturday

- Stage 1: 11:10am
- Stage 2: 10:35am

### Ages 6 Months - 3 Years

#### Tuesday

- Stage A: 5:50pm

#### Saturday

- Stage A & B: 10:00am

## SCHOOL AGE SWIM LESSONS

### Ages 1st Grade & Up

#### Monday

- Stage 2: 7:10pm
- Stage 4: 7:10pm

#### Tuesday

- Stage 1: 6:30pm
- Stage 3: 7:10pm
- Stage 5: 7:10pm
- Stage 6: 7:10pm

#### Thursday

- Stage 1: 5:50pm
- Stage 2: 6:30pm
- Stage 3: 7:10pm
- Stage 4: 7:10pm

## ADULT & TEEN SWIM LESSONS

### Ages 12 & Up

#### Monday

- Adult & Teen: 7:10pm

## SWIM LESSONS GUIDELINES:

5 week session

Classes will be 5 swimmers to 1 instructor

Classes will be cancelled for low enrollment

Each swim class will be 30 minutes

Please bring swimmers with suits on

Registration Open:  
Summer 1&2  
YMCA Members May 16th  
Community Members May 19th

Fee:  
YMCA Member: \$45  
Community Members \$65

\*Financial Assistance available\*

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–Kindergarten  
**PRESCHOOL:**  
STAGES 1–4



1st Grade & Up  
**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**

If you're having trouble deciding which stage is right for you, contact the Aquatics Department for a free swim evaluation.