SWIM LESSONS
AT LOUISVILLE AREA YMCA
WINTER 1 JANUARY 3 - FEBRUARY 20

STRONG SWIMMERS
CONFIDENT KIDS

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: 5:50pm
• Stage 2: 6:30pm
Wednesday
• Stage 1: 5:50pm

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 5: 7:10pm
• Stage 6: 7:10pm
• Stage 3: 7:10pm
Thursday
• Stage 2: 5:50pm
• Stage 3: 6:30pm
• Stage 4: 7:10pm.

SWIM LESSONS GUIDELINES:

7 week session
Classes will be 5 swimmers to 1 instructor
Classes will be cancelled for low enrollment
Each swim class will be 30 minutes
Swim instructor will have a faceshield
Please bring swimmers with suits on

ADULT & TEEN SWIM LESSONS

Ages 12 & Up
Sunday
• Adult & Teen: 1:00pm

Registration Open:
Winter 1
YMCA Members Dec 13th
Community Members Dec 16th

Fee:
YMCA Member: $62
Community Members $87

*Financial Assistance available*

LOUISVILLE AREA Y AQUATICS DEPARTMENT
1421 South Nickelplate, Louisville Ohio 44641 • 330-875-1611 x203 • jtaylor@ymcastark.org
# Lesson Selector

## What Age Group Does the Student Fall Into?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stage</th>
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</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>1st Grade &amp; Up</td>
</tr>
<tr>
<td>Parent &amp; Child: Stages A–B</td>
<td>Teen &amp; Adult: Stages 1–6</td>
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</tbody>
</table>

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

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