



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS, CONFIDENT KIDS

Fall I Swim Lessons
SANFORD-SPRINGVALE YMCA

FALL I SESSION:

September 11 – October 22

SWIM LESSON REGISTRATION:

OPENS AUGUST 14



Swimming is a life skill as well as great exercise and a challenging sport. Swim lessons help children build confidence, independence, and important safety skills in and around the water.

CLASS NAME	AGE	DAY	START	END	MEMBER	NON-MEMBER
PARENT & CHILD LESSONS						
PCA	6 months - 3 years	M	10:15 am	10:45 am	\$26	\$90
PCA	6 months - 3 years	T	10:50 am	11:20 am	\$26	\$90
PCA	6 months - 3 years	SAT	10:50 am	11:20 am	\$26	\$90
PCB	2.5 years - 5 years	M	10:50 am	11:20 am	\$26	\$90
PCB	2.5 years - 5 years	T	10:15 am	10:45 am	\$26	\$90
PCB	2.5 years - 5 years	W	5:35 pm	6:05 pm	\$26	\$90
PCB	2.5 years - 5 years	SAT	10:15 am	10:45 am	\$26	\$90
PRE-PROGRESSIVE LESSONS						
PS1	3 - 5 years	M	10:15 am	10:45 am	\$26	\$90
PS1	3 - 5 years	M	5:35 pm	6:05 pm	\$26	\$90
PS1	3 - 5 years	M	6:10 pm	6:40 pm	\$26	\$90
PS1	3 - 5 years	M	6:45 pm	7:15 pm	\$26	\$90
PS1	3 - 5 years	T	10:15 am	10:45 am	\$26	\$90
PS1	3 - 5 years	W	5:35 pm	6:05 pm	\$26	\$90
PS1	3 - 5 years	W	6:10 pm	6:40 pm	\$26	\$90
PS1	3 - 5 years	SAT	10:50 am	11:20 am	\$26	\$90
PS2	3 - 5 years	M	10:50 am	11:20 am	\$26	\$90
PS2	3 - 5 years	M	5:35 pm	6:05 pm	\$26	\$90
PS2	3 - 5 years	M	6:10 pm	6:40 pm	\$26	\$90
PS2	3 - 5 years	M	6:45 pm	7:15 pm	\$26	\$90
PS2	3 - 5 years	T	10:50 am	11:20 am	\$26	\$90
PS2	3 - 5 years	W	5:35 pm	6:05 pm	\$26	\$90
PS2	3 - 5 years	W	6:10 pm	6:40 pm	\$26	\$90
PS2	3 - 5 years	W	6:45 pm	7:15 pm	\$26	\$90
PS3	3 - 5 years	M	6:10 pm	6:40 pm	\$26	\$90
PS3	3 - 5 years	M	6:45 pm	7:15 pm	\$26	\$90
PS3	3 - 5 years	W	6:10 pm	6:40 pm	\$26	\$90
PS4	3 - 5 years	M	6:45 pm	7:15 pm	\$26	\$90
PS4	3 - 5 years	W	5:35 pm	6:05 pm	\$26	\$90
PS4	3 - 5 years	W	6:45 pm	7:15 pm	\$26	\$90

CLASS NAME	AGE	DAY	START	END	MEMBER	NON-MEMBER
PROGRESSIVE LESSONS						
L1	6 - 12 years	M	5:35 pm	6:05 pm	\$26	\$90
L1	6 - 12 years	W	5:35 pm	6:05 pm	\$26	\$90
L1	6 - 12 years	W	6:45 pm	7:15 pm	\$26	\$90
L1	6 - 12 years	SAT	10:15 am	10:45 am	\$26	\$90
L2	6 - 12 years	M	5:35 pm	6:05 pm	\$26	\$90
L2	6 - 12 years	M	6:10 pm	6:40 pm	\$26	\$90
L2	6 - 12 years	W	6:10 pm	6:40 pm	\$26	\$90
L2	6 - 12 years	W	6:45 pm	7:15 pm	\$26	\$90
L2	6 - 12 years	SAT	10:50 am	11:20 am	\$26	\$90
L3	6 - 12 years	M	5:35 pm	6:05 pm	\$26	\$90
L3	6 - 12 years	M	6:10 pm	6:40 pm	\$26	\$90
L3	6 - 12 years	M	6:45 pm	7:15 pm	\$26	\$90
L3	6 - 12 years	W	5:35 pm	6:05 pm	\$26	\$90
L3	6 - 12 years	W	6:10 pm	6:40 pm	\$26	\$90
L3	6 - 12 years	W	6:45 pm	7:15 pm	\$26	\$90
L3	6 - 12 years	SAT	10:15 am	10:45 am	\$26	\$90
L4	6 - 12 years	M	5:35 pm	6:05 pm	\$26	\$90
L4	6 - 12 years	M	6:10 pm	6:40 pm	\$26	\$90
L4	6 - 12 years	M	6:45 pm	7:15 pm	\$26	\$90
L4	6 - 12 years	W	6:10 pm	6:40 pm	\$26	\$90
L4	6 - 12 years	W	6:45 pm	7:15 pm	\$26	\$90
L5	6 - 12 years	M	6:45 pm	7:15 pm	\$26	\$90
HOMESCHOOL SWIM						
HOMESCHOOL	5+ years	TH	11:00 am	12:00 pm	\$26	\$45
Special class designed for homeschoolers and their families. Earn physical education credit. Includes 30 minute open swim after lesson.						



Did you know? The Y offers private and semi-private swim lessons for all ages. Rates range from \$20-\$60 per lesson. Contact Assistant Aquatics Director Tate Warden at twarden@sanfordymca.org fmi.



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LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL,
STAGES 1–4



5 years–12 years
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

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Note: Scheduling a swim evaluation to determine your child’s lesson placement is highly recommended. Incorrect self-placement requiring a transfer will result in a \$5 class transfer fee. Contact Assistant Aquatics Director Tate Warden at twarden@sanfordymca.org to schedule an evaluation.