



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST PARK–FAIRVIEW FAMILY YMCA Swim Lesson Schedule

8-Week Sessions Registration Opens
5/5-6/29/2025 Spring 1 April 14th
Saturday session 6/ 7-6 /28
7/12-8/30/2025 Summer 1 June 23rd

Member plus \$70.40
Member \$88.00
Non-Member \$176.00



Class Level	Monday	Tuesday	Thursday	Saturdays
A Water Discovery	5:20-5:50 pm			
B Water Exploration			6:20-6:50 pm	
Water Acclimation Level 1 (3-5)	4:45-5:15 pm	5:00-5:30 pm		9:30-10:00 am
Water Movement Level 2 (3-5)		5:00-5:30 pm		9:30-10:00 am
Water Stamina Level 3 (3-5)			5:00-5:30 pm	
Stroke Introduction Level 4 (3-5)			5:00 -5:30 pm	
Water Acclimation Level 1 (6-12)		5:35-6:15 pm		10:05-10:45 am
Water Movement Level 2 (6-12)		5:35-6:15 pm		10:05-10:45 am
Water Stamina Level 3 (6-12)	4:45-5:15 pm		5:35-6:15 pm	10:50-11:30 am
Stroke Introduction Level 4 (6-12)			5:35-6:15 pm	
Stroke Development Level 5 (6-12)			6:20-7:00 pm	
Stroke Mechanics Level 6 (6-12)			6:20-7:00 pm	
Competitive Skills	5:20-6:00 pm			
Adult Lessons Beginner		6:20-7:00 pm		
Adult Lessons Intermediate				
Youth/Teen		6:20-7:00 pm		

Competitive Skills is directed towards children wanting to participate on swim team.

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**

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