



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEST PARK–FAIRVIEW FAMILY YMCA Swim Lesson Schedule

8-Week Sessions      Registration Opens  
Saturday session 6/ 7-6 /28  
7/12-8/30/2025 Summer 1 June 23rd  
9/1-10/26/2025 Fall Session      August 18th

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



Class Level	Monday	Tuesday	Thursday	Saturdays
<b>A Water Discovery</b>	5:20-5:50 pm			
<b>B Water Exploration</b>			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)	4:45-5:15 pm	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)	4:45-5:25 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	
<b>Competitive Skills</b>	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.