



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WESTSHORE FAMILY YMCA SWIM SCHOOL

WINTER SWIM LESSON SCHEDULE SESSION

JANUARY 8– FEBRUARY 3: 4 WEEK SESSION

FEBRUARY 5– MARCH 3: 4 WEEK SESSION

MARCH 5– MARCH 31: 4 WEEK SESSION

Parent/Child, Preschool, and school age, and adult classes: \$20/\$35/\$70 per 4 week session

	A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction
Ages	6-18 months	18-36 months	3-5 years	3-5 years	3-5 years	3-5 years
Description	Introduces infants and toddlers along with parent to the aquatic environment	Focuses on exploring body positions, blowing bubbles as well as fundamental safety and aquatic skills	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke
Mondays			4:00-4:40	4:00-4:40	5:30-6:10	5:30-6:10
Tuesdays		6:15-6:55	5:30-6:10	5:30-6:10	4:00-4:40	4:00-4:40
Thursdays			4:45-5:25	4:45-5:25	6:15-6:55	6:15-6:55
Saturdays	11:15-11:55		9:45-10:25	9:45-10:25	10:30-11:10	10:30-11:10

Schedule is subject to change.

WE DO NOT OFFER MAKE-UP CLASSES, CREDITS OR REFUNDS AFTER THE SESSION HAS STARTED FOR ANY CIRCUMSTANCES INCLUDING INCLEMENT WEATHER. THE USE OF CELL PHONES AND CAMERAS IS PROHIBITED.

Westshore Family YMCA

1575 Columbia Rd, Westlake, OH 44145

P 440 871 6885 www.clevelandymca.org



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	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
Ages	6-12 years	6-12 years	6-12 years	6-12 years	6-12 years	6-12 years
Description	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle
Mondays	4:45-5:25	4:45-5:25			6:15-6:55	6:15-6:55
Tuesdays	4:45-5:25	4:45-5:25	6:15-6:55	6:15-6:55	7:00-7:40	7:00-7:40
Thursdays	4:00-4:40	4:00-4:40	5:30-6:10	5:30-6:10		
Saturdays	9:00-9:40	9:00-9:40	11:15-11:55	11:15-11:55		

Adult learn to swim – Tuesday evening 7 – 7:40 p.m. or Thursday morning 10:15 – 11 a.m.

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