



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING STRONG AND CONFIDENT SWIMMERS

## 2024 SWIM LESSON SCHEDULE LAKELAND FAMILY YMCA

### WHAT CLASS SHOULD I CHOOSE? LESSON SELECTOR

Can the student respond to verbal cues and jump on land?

NOT YET **A / WATER**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET **B / WATER**

Will the student go underwater voluntarily?

NOT YET **1 / WATER**

Can the student do a front and back float on their own?

NOT YET **2 / WATER**

Can the student swim 10-15 yards on their front and back?

NOT YET **3 / WATER**

Can the student swim 10-15 yards of front and back crawl?

NOT YET **4 / STROKE**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET **5 / STROKE**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET **6 / STROKE**



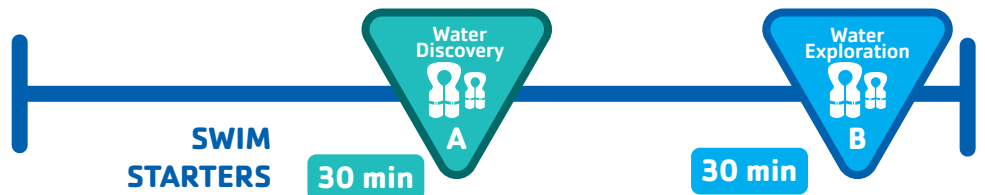
# SWIM LESSON STAGE SCHEDULE

## CLASS REMINDERS:

Children who are not potty-trained need to be in a swim diaper.

Make up classes are only made if the Y cancels. If you miss a class for any reason, you will not be able to make up the class.

Classes will run with a 3 participant minimum. If you signed up for a class with 2 or less participants, you will be asked to move to another day and time. If it does not work with your schedule, a refund or online credit will be given upon request.



### SWIM STARTERS

**RATIO 1:4-6**

**\$45 Members**  
**\$85 Non-Members**

**30 min**

**6 mos - 3 yrs**  
Mon 11:00 - 11:30am  
Sat 8:30am - 9:00am

**30 min**

**6 mos - 3 yrs**  
Mon 11:00 - 11:30pm  
Sat - 8:30am - 9:00am



### SWIM BASICS

STAGE 1

**RATIO 1:4-6**

STAGE 2 & 3

**RATIO 1:6-8**

**\$50 Members**  
**\$90 Non-Members**

**45 min**

**Preschool (Ages 3-5)**  
Mon 5:30pm - 6:15pm  
Tues 4:30pm - 5:15pm  
Thurs 6:30pm - 7:15pm  
Sat 9:00am - 9:45am

**45 min**

**Preschool (Ages 3-5)**  
Tues 6:30pm - 7:15pm  
Wed 5:30pm - 6:15pm  
Thurs 5:30pm - 6:15pm  
Sat 9:45am - 10:30am

**45 min**

**Preschool (Ages 3-5)**  
Tues 5:30pm - 6:15pm  
**School Age (Ages 5-12)**  
Thurs 4:30pm - 5:15pm

**School Age (Ages 5-12)**  
Mon 6:30pm - 7:15pm  
Wed 6:30pm - 7:15pm  
Sat 9:00am - 9:45am



### SWIM STROKES

**RATIO 1:6-8**

**\$50 Members**  
**\$90 Non-Members**

**45 min**

**School Age (Ages 5-12)**  
Tues 5:30pm - 6:15pm  
Thurs 6:30pm - 7:15pm  
Sat 9:45am - 10:30am

**60 min**

**School Age (Ages 5-12)**  
Thurs 5:30pm - 6:30pm  
Sat 10:45am - 11:45am

**60 min**

**Ages 5-12**  
Thurs 5:30pm - 6:30pm  
Sat 10:45am - 11:45am

**ADULT SWIM LESSONS**  
**Ages 13 & up (Stages 1-5)**  
Tues 6:30pm - 7:15pm  
Sat 8:15am - 9:00am  
Thurs 7:15pm - 8:00am

## 4 WEEK SESSION DATES

Session 1

1/6 - 2/1

Session 2

2/3 - 2/29

Session 3

3/4 - 3/30

Session 4

4/1 - 4/30

Session 5

5/4 - 5/30

**Register today!**

**MASTERS**  
**Ages 13 & up (Stages 1-5)**  
Tues 7:15pm - 8:15pm