



May SWIM LESSONS

April 29 to May 25

Registration opens Monday April 22nd at 11am ONLINE ONLY

All classes are 25 minutes unless otherwise noted

LEVEL	DAY	TIME	DATES	PRICE M/NM	# of classes
6 MONTHS - 3 YEARS OLD (*Parent/Child) *one child to one adult					
Parent/Tot	M/W	10:30AM	4/29-5/22	\$45/\$69	8
	SAT	8:30AM	5/4-5/25	\$23/\$35	4
AGES 3 - 5 YEARS OLD					
Preschool St. 1	T/Th	9:00AM	4/30-5/23	\$45/\$69	8
	T/Th	9:30AM	4/30-5/23	\$45/\$69	8
	T/Th	10:00AM	4/30-5/23	\$45/\$69	8
	T/Th	3:00PM	4/30-5/23	\$45/\$69	8
	T/Th	3:30PM	4/30-5/23	\$45/\$69	8
	T/Th	4:30PM	4/30-5/23	\$45/\$69	8
	T/Th	5:00PM	4/30-5/23	\$45/\$69	8
	T/Th	5:30PM	4/30-5/23	\$45/\$69	8
	SAT	9:00AM	4/30-5/23	\$23/\$35	4
	SAT	9:30AM	5/4-5/25	\$23/\$35	4
SAT	10:00AM	5/4-5/25	\$23/\$35	4	
Preschool St. 2	T/Th	9:00AM	4/30-5/23	\$45/\$69	8
	T/Th	10:00AM	4/30-5/23	\$45/\$69	8
	T/Th	3:00PM	4/30-5/23	\$45/\$69	8
	T/Th	4:00PM	4/30-5/23	\$45/\$69	8
	T/Th	5:30PM	4/30-5/23	\$45/\$69	8
SAT	9:00AM	5/4-5/25	\$23/\$35	4	
Preschool St. 3&4	T/Th	3:30PM	4/30-5/23	\$45/\$69	8
	T/Th	4:30PM	4/30-5/23	\$45/\$69	8
	T/Th	5:00PM	4/30-5/23	\$45/\$69	8

SEE OTHER SIDE FOR SCHOOL AGE

All Youth 12 & under must be accompanied to their swim class and picked up by a parent or guardian.

This is per our YMCA Unattended Youth Policy. All persons entering the facility must be entered into our system and have a photo ID on file. All persons over the age of 18

Price may vary depending on, length, skill and number of classes.

Questions call: 541.440.9622 ext 215 or aquatics2@ymcaofdouglascounty.org

CANCELLATIONS Lessons are Non-refundable unless space can be filled.

Sign up for text alerts at: ymcaofdouglascounty.org/swimlessontextalerts

STAGE GUIDE



STAGE 1

Acclimate students to become comfortable in and under water



STAGE 2

Learn skills necessary to float on front and back without assistance



STAGE 3

Learn to swim 10-15 yards on front and back



STAGE 4

Front and back stroke introduction 15 yards



STAGE 5

Enhance front and back stroke development, introduce breaststroke



STAGE 6

Enhance front, back and breaststroke technique



Or Scan the QR Code





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LEVEL	DAY	TIME	DATES	PRICE M/NM	# of classes
AGES 6 - 13 YEARS OLD					
School Age St. 1&2	T/Th	10:00AM	4/30-5/23	\$45/\$69	8
	T/Th	4:00PM	4/30-5/23	\$45/\$69	8
	T/Th	4:30PM	4/30-5/23	\$45/\$69	8
	T/Th	5:00PM	4/30-5/23	\$45/\$69	8
	SAT	9:00AM	5/4-5/25	\$23/\$35	4
	SAT	9:30AM	5/4-5/25	\$23/\$35	4
School Age St. 2	T/Th	4:00PM	4/30-5/23	\$45/\$69	8
	T/Th	4:30PM	4/30-5/23	\$45/\$69	8
	T/Th	5:00PM	4/30-5/23	\$45/\$69	8
	T/Th	5:30PM	4/30-5/23	\$45/\$69	8
	SAT	9:30AM	5/4-5/25	\$23/\$35	4
School Age St. 3	T/Th	9:30AM	4/30-5/23	\$45/\$69	8
	T/Th	4:00PM	4/30-5/23	\$45/\$69	8
	T/Th	5:00PM	4/30-5/23	\$45/\$69	8
	T/Th	5:30PM	4/30-5/23	\$45/\$69	8
	SAT	10:00AM	5/4-5/25	\$23/\$35	4
School Age St. 4	T/Th	9:30AM	4/30-5/23	\$45/\$69	8
	T/Th	4:00PM	4/30-5/23	\$45/\$69	8
	T/Th	4:30PM	4/30-5/23	\$45/\$69	8
	T/Th	5:30PM	4/30-5/23	\$45/\$69	8
	SAT	10:00AM	5/4-5/25	\$23/\$35	4
Pre-Competitive					
School Age St. 5&6	M/W	6:30PM*40min	4/29-5/22	\$54/\$78	8
	T/Th	6:00PM*40min	4/30-5/23	\$54/\$78	8
ADULT/TEEN					
Adult/Teen	T/Th	9:00AM	4/30-5/23	\$72/\$94	8
	T/Th	6:45PM	4/30-5/23	\$72/\$94	8

SEE OTHER SIDE FOR PRE-SCHOOL LESSONS

STAGE GUIDE



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Acclimate students to become comfortable in and under water



STAGE 2

Learn skills necessary to float on front and back without assistance



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