



DECEMBER SWIM LESSONS

November 27 – December 16

Registration opens Monday November 20 at 11am ONLINE ONLY

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



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	11/27-12/13	\$33/\$51	6

HOMESCHOOL PE AGES 6-18

Homeschool PE	T/Th	9-9:50AM	11/28-12/14	\$33/\$51	6
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This special class for homeschool students. Includes 30 minute lesson. 20 minutes free play time.

AGES 3-5 YEARS OLD

Preschool St. 1	T/Th	10:00AM	11/28-12/14	\$33/\$51	6
	T/Th	3:00PM	11/28-12/14	\$33/\$51	6
	T/Th	3:30PM	11/28-12/14	\$33/\$51	6
	T/Th	5:00PM	11/28-12/14	\$33/\$51	6
	T/Th	5:30PM	11/28-12/14	\$33/\$51	6
Preschool St. 2	T/Th	10:00AM	11/28-12/14	\$33/\$51	6
	T/Th	3:00PM	11/28-12/14	\$33/\$51	6
	T/Th	5:30PM	11/28-12/14	\$33/\$51	6
Preschool St. 3/4	T/Th	3:30PM	11/28-12/14	\$33/\$51	6
	T/Th	4:30PM	11/28-12/14	\$33/\$51	6
	T/Th	5:00PM	11/28-12/14	\$33/\$51	6

AGES 6-13 YEARS OLD

School Age St. 1	T/Th	4:30PM	11/28-12/14	\$33/\$51	6
School Age St. 1/2	T/Th	4:00PM	11/28-12/14	\$33/\$51	6
	T/Th	5:00PM	11/28-12/14	\$33/\$51	6
School Age St. 2	T/Th	4:00PM	11/28-12/14	\$33/\$51	6
	T/Th	4:30PM	11/28-12/14	\$33/\$51	6
	T/Th	5:30PM	11/28-12/14	\$33/\$51	6
School Age St. 3	T/Th	4:00PM	11/28-12/14	\$33/\$51	6
	T/Th	5:00PM	11/28-12/14	\$33/\$51	6
	T/Th	5:30PM	11/28-12/14	\$33/\$51	6
School Age St. 4	T/Th	4:00PM	11/28-12/14	\$33/\$51	6
	T/Th	4:30PM	11/28-12/14	\$33/\$51	6
	T/Th	5:30PM	11/28-12/14	\$33/\$51	6
Pre-Competitive					
School Age St. 5/6	T/Th	6:00PM*40min	11/28-12/14	\$40/\$59	6

ADULT/TEEN

Adult/Teen	T/Th	10:00AM	11/28-12/14	\$55/\$62	6
	T/Th	6:45PM	11/28-12/14	\$55/\$62	6

SATURDAY SWIM LESSONS NOW AVAILABLE-SEE OTHER SIDE



DECEMBER SWIM LESSONS

December 2 – December 16

SATURDAYS

Registration opens Monday November 20 at 11am ONLINE ONLY

LEVEL	DAY	TIME	DATES	PRICE M/NM	# of classes
6 MONTHS - 3 YEARS OLD (Parent/Child)					
Parent/Tot	SAT	8:30AM	12/2-12/16	\$16/\$26	3
AGES 3-5 YEARS OLD					
Preschool St. 1	SAT	9:00AM	12/2-12/16	\$16/\$26	3
		9:30AM	12/2-12/16	\$16/\$26	3
Preschool St. 2	SAT	9:00AM	12/2-12/16	\$16/\$26	3
		10:00AM	12/2-12/16	\$16/\$26	3
AGES 6-13 YEARS OLD					
School Age St. 1	SAT	9:00AM	12/2-12/16	\$16/\$26	3
School Age St. 1&2	SAT	9:30AM	12/2-12/16	\$16/\$26	3
School Age St. 2	SAT	9:30AM	12/2-12/16	\$16/\$26	3
School Age St. 3	SAT	10:00AM	12/2-12/16	\$16/\$26	3
School Age St. 4	SAT	10:00AM	12/2-12/16	\$16/\$26	3

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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.

WE APPRECIATE YOUR UNDERSTANDING.

REGISTER ONLINE at:

ymcaofdouglascounty.org/swimlessons

Or Scan the QR Code below



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

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

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

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

