



SWIM LESSONS

ATRIUM FAMILY YMCA

SEPTEMBER

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

The Y is the nation's leading expert in water safety and swim instruction. Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills.



SWIM STARTERS (Ages 6 months–3 years)

Saturdays

Water Discover & Exploration:

Stage A/B Combo: 9:00–9:30 AM

Fee (Member/Non-member): \$40/\$80

PRESCHOOL (Ages 3–5)

Mondays

Stage 1/2 Combo: 5:00–5:30 PM

Stage 3/4 Combo: 6:30–7:00 PM

Saturdays

Stage 1/2 Combo: 9:45–10:15 AM

Fee (Member/Non-member): \$40/\$80

SCHOOL AGE (Ages 5–12)

Mondays

Stage 1/2 Combo: 5:45–6:15 PM

Stage 3/4 Combo: 7:15–7:45 PM

Saturdays

Stage 1/2 Combo: 10:30–11:00 AM

Stage 5/6 Combo: 11:15–11:45 AM

Fee (Member/Non-member): \$40/\$80

PRIVATE & SEMI-PRIVATE LESSONS

30 minute and 1 hour sessions for all abilities, ages 3+: available by request form only.

1 30-min session:

Fee (Member/Non-member): \$30/\$60

5 sessions– 30 minutes:

Fee (Member/Non-member): \$150/250

10 sessions– 30 minutes:

Fee (Member/Non-member): \$275/475

1 hour session

Fee (Member/Non-member): \$45/100

Questions about what level your child should register for?
Stop by the Welcome Center for guidance and to look at our lesson selector sheet.

ATRIUM FAMILY YMCA

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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.

