

AQUATICS



Swimming Lessons

4-6 WEEK SESSIONS

Preschool | Ages 3-5 yrs • Stages 1-3 • M/W, T/Th or Sat
School Age | Ages 6-12 yrs • Stages 1-6 • M/W, T/Th or Sat

Sessions	Member registration opens	Non-member registration opens	Program starts
Jan-Feb	Dec 1	Dec 8	Jan 5-10
Feb-Mar	Feb 9	Feb 16	Feb 23-28
Mar-Apr	Mar 9	Mar 16	Mar 23-28
May	Apr 13	Apr 20	Apr 27-May 2
Jun-July	May 18	May 25	Jun 13
August	Jul 20	Jul 27	Aug 8

No class: Jan 17, Feb 2-6, Apr 6-9, May 23, July 4-3, July 24-25

2 WEEK SUMMER SESSIONS

Preschool | Ages 3-5 yrs • Stages 1-3 • M, T, W, Th
School Age | Ages 6-12 yrs • Stages 1-6 • M, T, W, Th

Sessions	Member registration opens	Non-member registration opens	Program starts
Summer 1	May 18	May 25	Jun 8
Summer 2	Jun 8	Jun 15	Jun 22
Summer 3	Jun 22	Jun 29	Jul 6
Summer 4	Jul 6	Jul 13	Jul 20



Learn more and register at PiedmontYMCA.org/swim-lessons

AQUATICS



What Swim Lesson Stage Should I Select?

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

☐ NOT YET > **A** | **Water discovery**, ages 6 mo-1 yr

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

☐ NOT YET > **B** | **Water exploration**, ages 1-2 yr

Will the student go underwater voluntarily?

☐ NOT YET > **1** | **Water acclimation**

Can the student do a front and back float on their 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**

American Red Cross Certification Programs



- **Babysitter's Training**
- **Adult & Pediatrics First Aid/CPR/AED**
- **Lifeguard**
- **Lifeguard Recertification**
- **Safety Training for Swim Coaches**



Learn more and register at PiedmontYMCA.org/red-cross-trainings