

SWIM LESSONS

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Preschool Lessons ages 3-5 years

Class Stage	Stage 1	Stage 2	Stage 3	Stage 4
Saturday	9:35a; 10:10a; 11:20a	9:35a; 11:20a	10:10a; 11:20a	10:45a;
Monday/Wednesday	4:00p; 4:35p; 5:45p	4p; 4:35p; 5:10p; 5:45p	4p; 5:10p; 5:45p	4p; 5:10p
Tuesday/Thursday	4:20p	3:45; 4:55p	3:45p	4:55p
Wednesday	9:45a	10:55a		

Youth Lessons Ages 6-12 years

Class Stage	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	*Aquatic Conditioning
Saturday	9a	9a; 10:45a	9a	9:35a; 10:45a	9:35a	10:10a	10:10a
Monday/Wednesday	4:35p	4:35p	4:35p	5:10p	5:10p	5:45p	5:45p
Tuesday/Thursday	3:45p	4:55p	4:20p	4:20p			

Parent Child lessons ages 6months-3 years

Class Stage			
Swim Starters	10:20a Wed	9a Sat	10:45a Sat

Adult lessons Ages 13 and Up

Class Stage		
Stages 1&2&3	6:20p Wed	11:20a Sat
Stages 4&5&6 * Masters swim club	5:30a M&W&F	

All swim lessons are 30 minutes. Household members: \$40 Program participants \$80 for 8 lessons. Master swim are hour lessons. Household members: \$40 Program participants \$80 for the month. On our 3 week sessions Household members: \$30 Program participants \$60 for 6 lessons. Aquatic Conditioning is the stage after stage 6. This Class builds the endurance and teaches skills for competitive swimming.

YMCA OF NORTHWEST FLORIDA
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