

SWIM LESSONS

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter Swim Lesson 2020 Dates

Monday/ Wednesday	Start Date	End Date	
	October 26	November 18	
	November 30	December 16	3-week session
Tuesday/ Thursday	October 27	November 19	
	December 1	December 17	3-week session

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Preschool Lessons ages 3-5 years

Class Stage	Stage 1	Stage 2	Stage 3	Stage 4
Monday/Wednesday	3:30p; 4:05p; 5:15p	3:30p; 4:40p; 5:15p	4:40p; 5:50p	4:05p; 5:50p
Tuesday/Thursday	10:35a	11:10a		

Youth Lessons Ages 6-12 years

Class Stage	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	*Aquatic Conditioning
Monday/Wednesday	4:05p	3:30p; 5:50p	4:05p	4:40p	4:40p	5:15p	5:15p

Parent Child lessons ages 6months-3 years

Class Stage

Swim Starters	10a Tues/Thurs			
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Adult lessons Ages 13 and Up

Class Stage

Stages 1&2&3	5:50p Mon/Wed	
Stages 4&5&6* Masters Swim Club	5:30a M&W&F	

Youth Swim Lessons are 30 minutes a lesson. Adult Swim Lessons are 45 minutes a lesson. Master Swim Club is one hour 3 times a week for a month.

Price- Household members \$40, Program participants \$80

Aquatic Conditioning is the stage after stage 6. This Class builds the endurance and teaches skills for competitive swimming.

Dates and times are subject to change due to enrollment and instructor availability

YMCA OF NORTHWEST FLORIDA
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165 E. Intendencia St. Pensacola, FL 32502 ♦ 850 438 4406 ♦ www.ymcanwfl.org

November 2020