

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; 10:45a	9:35a; 11:20a	9:35a	10:10a
Monday/Wednesday	3:30p; 5:15p	3:30p; 4:40p; 5:50p	3:30p; 4:40p	3:30p; 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
Saturday	9a; 10:10a	9a; 11:20a	9a; 10:45a	9:35a; 11:20a	10:10a	10:45a	10:45a
Monday/ Wednesday	4:05p; 5:15p	4:05p; 5:50p	4:05p; 5:15p	4:05p; 4:40p	4:40p	5:15p	5:15p

Parent Child lessons ages 6months-3 years

Class Stage

Swim Starters	10:00a Tues/Thurs	9a Sat	10:10a Sat	
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Adult lessons Ages 13 and Up

Class Stage

Stages 1&2&3	5:15p Mon/Wed	10:45a Sat
Stages 4&5&6	5:50p Mon/Wed	11:20a Sat

Tips to register for Swim Lessons

- ♦ When signing up online, always login into your account first. If you don't have an account, please create one.
- ♦ Youth Swim Lessons are 30 minutes a lesson. Adult Swim Lessons are 30 minutes a lesson.
- ♦ Price: Swim Lessons Household members \$50, Program participants \$100 for 8 classes:
ARC Lifeguard Classes Household members \$175 and Program Participants \$225
YMCA Junior Lifeguarding Household members \$100 and Program Participants \$150
- ♦ Aquatic Conditioning is the stage after stage 6. This Class builds the endurance and teaches skills for competitive swimming.
- ♦ Times subject to change

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

December 2023