

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	10:45a; 11:20a	10:10a;
Monday/Wednesday	3:30p; 4:40p; 5:50p	3:30p; 4:05p; 5:15p; 5:50p	3:30p; 4:40p; 5:15;	4:05p; 5:50p
Tuesday/Thursday	10:35a; 11:10a	10:00a; 11:10a	10:35a	

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	4:05p	3:30p	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	10:45a Sat	
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Adult lessons Ages 13 and Up

Class Stage

Stages 1&2&3	5:50p Mon/Wed	11:20a Sat
Stages 4&5&6* Masters Swim Club	5:30a M&W&F	

Tips to register for Swim Lessons

- ◆ When signing up online always login into your account first, if you don't have one start an account
- ◆ 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.

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

December 2021

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2022 Swim Lessons Winter and Spring

	Start Date	End Date	Registration Date
Mon/Wed	January 3	January 26	Household Members Dec20 Participants Dec 27
	January 31	February 23	Household Members Jan 17 Participants Jan 24
	February 28	March 23	Household Members Feb 14 Participants Feb 21
	March 28	April 20	Household Members Mar 14 Participants Mar 21
	April 25	May 18	Household Members Apr 11 Participants April 18
Tue/Thu	January 4	January 27	Household Members Dec20 Participants Dec 27
	February 1	February 24	Household Members Jan 17 Participants Jan 24
	March 1	March 24	Household Members Feb 14 Participants Feb 21
	March 29	April 21	Household Members Mar 14 Participants Mar 21
	April 26	May 19	Household Members Apr 11 Participants April 18
Saturday	January 8	February 26	Household Members Dec 25 Participants Jan 1
	March 5	April 23	Household Members Feb 19 Participants Feb 26
	April 30	June 18	Household Members Apr 16 Participants April 23

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