

SWIM LESSONS

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter Swim Lesson 2021 Dates

	Start Date	End Date	Registration Date
Mon/Wed	October 25	November 17	Household Oct 11 Participants Oct 18
	January 3	January 26	Household Members Dec20 Participants Dec 27
Tue/Thu	October 26	November 18	Household Oct 11 Participants Oct 18
	January 4	January 27	Household Members Dec20 Participants Dec 27
Saturday	October 23	November 13	Household Member Oct 9 Participants Oct 16(1/2 session)

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

Class Stage Parent Child lessons ages 6months-3 years

Swim Starters	10:00a Tues/Thurs	9a Sat	10:45a Sat	
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Class Stage Adult lessons Ages 13 and Up

Stages 1&2&3	5:50p Mon/Wed	11:20a Sat
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.

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

October 2021