

SWIM LESSONS

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson 2020 Dates

Monday/ Wednesday	Start Date	End Date
	August 31	September 23
	September 28	October 21
Tuesday/ Thursday	September 1	September 24
	September 29	October 22
Saturday	Oct 3	November 21

Dates and Times are subject to change.

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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; 5:50p	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
Saturday	9a	9a; 10:45a	9a	9:35a; 10:45a	9:35a	10:10a	10:10a
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	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	

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

September 2020