

# SWIM LESSONS

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Spring Swim Lesson 2021 Dates

<b>Monday/ Wednesday</b>	<b>Start Date</b>	<b>End Date</b>
	March 8	March 31
	April 5	April 28
	May 3	May 26
<b>Tuesday/ Thursday</b>	March 9	April 1
	April 6	April 29
	May 4	May 27
<b>Saturday</b>	March 13	May 1
	May 8	June 26

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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	4:05p	4:40p; 5:15p	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	

- Youth Lessons are 30 minutes a lesson. Adult lessons are 45 minutes a lesson.
- Price: Household members \$40 Program participants \$80
- Aquatic Conditioning is the stage after Stage 6. This class builds 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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December 2020