

# 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; 10:10a; 11:20a	9:35a; 11:20a	10:45a; 11:20a	10:10a;
Monday/Wednesday	4:00p; 4:35p; 5:45p	4p; 4:35p; 5:10p; 5:45p	4p; 5:10p;	4p; 5:10p
Tuesday/Thursday	10:35a; 3:50p	11:10a; 3:15p;	3:15p	4:25p

## 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	4:00p	4:35p	4:35p	4:35p; 5:10p	5:10p	5:45p	5:45p
Tuesday/Thursday	3:15p	4:25p	3:50p	3:50p	4:25p		

## Parent Child lessons ages 6months-3 years

Class Stage			
Swim Starters	10:00a Tues/Thurs	9a Sat	10:45a Sat

## Adult lessons Ages 13 and Up

Class Stage		
Stages 1&2&3	5:45p Mon/Wed	11:20a Sat
Stages 4&5&6* Masters Swim Club	5:30a M&W&F	

Youth Swim Lessons are 30 minutes a session. Adult Swim Lessons are 45 minutes a session. Master Swim Club are one hour 3 times a week for a month.  
Price- \$40: Household members: \$80 Program participants  
Aquatic Conditioning is the stage after stage 6. This Class builds the endurance and teaches skills for competitive swimming.

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165 E. Intendencia St. Pensacola, FL 32502 ♦ 850 438 4406 ♦ [www.ymcanwfl.org](http://www.ymcanwfl.org)

November 2019

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## Spring Swim Lesson 2020 Dates

<b>Monday/ Wednesday</b>	<b>Start Date</b>	<b>End Date</b>	
	January 6	January 29	
	February 3	February 26	
	March 2	March 25	
	March 30	April 22	
	April 27	May 20	
<b>Tuesday/ Thursday</b>	January 7	January 30	
	February 4	February 27	
	March 3	March 26	
	March 31	April 23	
	April 28	May 21	
<b>Saturday</b>	January 4	February 22	
	February 29	April 25	No class on April 11
	May 2	June 27	No class on May 23

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