

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
Monday/ Wednesday	Jan 4 Feb 1	Jan 27 Feb 24
Tuesday/ Thursday	Jan 5 Feb 2	Jan 28 Feb 25
Saturday	Jan 9	Feb 27

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

December 2020