



JUST ADD WATER!

The Regional YMCA welcomes you to a friendly community where your little ones can splash and explore the water and new skills! The YMCA offers swim lessons for all ages. Swimming is a great life skill. It is the YMCA's priority to teach water safety and life saving skills.

Saturday Mornings

9:00am-12:05pm

9:00am	L4	L5	L6	
9:50am	L1	L2	L3	
10:25am	L1	L2		Water Discovery
11:00am	L1	L2	L3	Water Exploration
11:35am	L1	L2	L3	

Sunday Mornings

10:25am-12:05pm

10:25am	L1
11:00am	L2
11:35am	L3

Thursday Evenings

5:30pm-8:00pm

5:30pm	L1
6:05pm	L2
6:40pm	L3
7:15pm	L4

Can the student respond to verbal cues and jump on land?

NOT YET

WATER
DISCOVERY/
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

LEVEL 1

Can the student do a front and back float on his or her own?

NOT YET

LEVEL 2

Can the student swim 15 yards Freestyle or Backstroke

NOT YET

LEVEL 3

Can the student swim 25 yards of Breaststroke?

NOT YET

LEVEL 4

Can the student swim Butterfly?

NOT YET

LEVEL 5

Can the student swim freestyle, backstroke, breaststroke and Butterfly across the pool and back?

NOT YET

Level 6

PRICING (Jan. 6, 2025 – Feb. 23, 2025 | 7 weeks)

Parent/Child & Beginner
(30 minute class):

- Members - \$154
- Non-Members - \$294

Advanced
(45 minute class):

- Members - \$168
- Non-Members - \$308