



STRONG SWIMMERS CONFIDENT KIDS

FALL 2022 SWIM LESSONS

Build confidence and teach kids life-saving skills. The new 8-class curriculum provides more instruction time.

Mon./Wed. sessions

Sept. 12 - Oct. 5

Oct. 10 - Nov. 2

Nov. 7 - Nov. 30

Dec. 5 - Dec 14*

*Holiday mini session

Saturday sessions

Sept. 10 - Oct. 1

Oct. 8 - Oct. 29

Oct. 5 - Nov. 26

Cost per session

Mon./Wed: Members \$54 Community \$74

Sat./Holiday: Members \$27 Community \$37

Registration

Sign up in person at our Downtown Branch or online at JacksonYMCA.org.

Ages

6 months through Teen/Adult

FALL SESSION LESSON TIMES			
Days	Time	Level	Ages/Yrs
M/W	4:50-5:10 pm	Parent/Child	6 mo-3
M/W	5:15-5:45 pm	PreSchool/St 1	3-5
		School Age/ St 1	6-12
M/W	5:50-6:20pm	PreSchool/St 2	3-5
		School Age/St 2	6-12
M/W	6:25-6:55pm	PreSchool/St 1	3-5
		School Age/St 3	6-12
M/W	7-7:30pm	School Age/St 4	6-12
		Teen/Adult	13+
Sat.	9:25-9:55 am	Parent/Child	6 mo-3
Sat.	10-10:30 am	PreSchool St/1	3-5
		School Age/St 1	6-12
Sat.	10:35-11:05 am	PreSchool St/2	3-5
		School Age/ St 2	6-12
Sat.	11:10-11:40 am	PreSchool St/1	3-5
		School Age/St 3	6-12
Sat.	11:45-12:15 pm	School Age/St 4	6-12
		Teen/Adult	13+

127 W. Wesley St. 517.782.0537

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

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

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

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

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

Having trouble deciding which lesson is for you? Contact Alexa Markham at alexa@jacksonymca.org.