

# SWIMMING IS FOR EVERYONE!



Our Mission at the YMCA is for **EVERYONE** to have the opportunity to learn how to swim and be safe in and around water. Swim lessons teach life-saving skills and build confidence **FOR ALL**.

**Sept. 6– Oct. 30**  
**Nov 1–Dec. 13**

8 week sessions include 8 lessons  
6 week sessions includes 6 lessons

**Jan. 8–March 2**  
**March 4–April 27**

6 week Holiday Session. No lesson Nov. 22

Registration opens the 15th of the month before each session. Register online at [JacksonYMCA.org](http://JacksonYMCA.org)  
Lessons are subject to cancellation or change due to weather or other circumstances.

## Parent/Child and Preschool Lessons

Parent Child 6 months–2 years Preschool 3–5 years.

8 wk. Session Cost: Y Members \$54 Community \$74

6 wk. Session Cost: Y Members \$41 Community \$61

### **Mondays**

Parent/Child

4:45–5:15pm

Level 1

5:20–5:50pm

Level 2

5:55–6:25pm

Level 3

6:30–7pm

### **Wednesdays**

Level 3

4:45–5:15pm

Parent/Child

5:20–5:50pm

Level 1

5:55–6:25pm

Level 2

6:30–7pm

### **Saturdays**

Parent/Child

9–9:30am

10:45–11:15am

Level 1

9:35–10:05am

11:20–11:50am

Level 2

10:10–10:40am

Level 3

11:55am–12:25pm

## School Age Swim Beginners (Level 1–3)

Ages 6–12 years

8 wk. Session Cost: Y Members \$54 Community \$74

6 wk. Session Cost: Y Members \$41 Community \$61

### **Mondays**

Level 1

4:45–5:15pm

Level 2

5:20–5:50pm

Level 3

5:55–6:25pm

### **Saturdays**

Level 1

10–10:30am

Level 2

10:35–11:05am

Level 3

11:10–11:40am

## School Age Swim Strokes (Level 4–6)

Ages 6–12 years

8 wk. Session Cost: Y Members \$58 Community \$78

6 wk. Session Cost: Y Members \$44 Community \$64

### **Wednesdays**

Level 6

4:45–5:25pm

Level 5

5:30–6:10pm

Level 4

5:15–6:55pm

### **Saturdays**

Level 4

10–10:40am

Level 5

10:45–11:25am

Level 6

11:30am–12:10pm

## Teen/Adult Swim Beginners (Level 1&2)

Ages 13+

8 wk. Session Cost: Y Members \$54 Community \$74

6 wk. Session Cost: Y Members \$41 Community \$61

### **Mondays**

7:05–7:35pm

### **Saturdays**

12:15–12:45pm

**Contact: Alexa Markham; Aquatics Director**  
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# 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**

If you need assistance choosing the correct level please contact Alexa Markham [alexa@jacksonymca.org](mailto:alexa@jacksonymca.org)