

# MAKE A SPLASH SUMMER SWIM LESSONS



REGISTER April 15  
JacksonYMCA.org

**SAFE and CONFIDENT Swimmers start at the Y!**

## Morning Lessons

Tuesdays & Thursdays; 8 Lessons per session

June 11–July 9

(No Lesson July 4)

July 16–August 8

Parent Child (ages 6 months–2 years) and  
Preschool (ages 3–5 years)

Parent/Child  
9–9:30am

Level 1

9:35–10:05am

Level 2

10:10–10:40am

Level 3

10:45–11:15am



School Age (ages 6–12 years) and Teen/adult  
(ages 13+ years)

Swim Beginners

Level 1

9–9:30am

Level 2

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Level 3

10:10–10:40am

Teen/Adult

10:45–11:15am

Swim Strokes

Level 4

10:45–11:25am

Level 5

11:30am–12:10pm

Level 6

12:15–12:55pm

## Evening Lessons

Mondays & Wednesdays ; 8 Lessons per session

June 10–July 8

(No Lessons July 3)

July 15–August 7

Parent Child (ages 6 months–2 years) and  
Preschool (ages 3–5 years)

Parent/Child  
4:45–5:15pm

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5:20–5:50pm

Level 2

5:55–6:25pm

Level 3

6:30–7pm



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Parent Child, Preschool and Swim Beginners

Y Members: \$54 per session

Community: \$74 per session

Swim Strokes (40 min. class)

Y Members: \$58 per session

Community: \$78 per session

Financial Scholarships Available upon application

### Contact

Alexa Markham; Aquatics Director

[alexa@jacksonymca.org](mailto:alexa@jacksonymca.org)

Emily Ahlbaum; Aquatics Program Supervisor

[emily@jacksonymca.org](mailto:emily@jacksonymca.org)

517.782.0537

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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 Emily Ahlbuam [emily@jacksonymca.org](mailto:emily@jacksonymca.org)