

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

9:35–10:05am

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

Level 1

5:20–5:50pm

Level 2

5:55–6:25pm

Level 3

6:30–7pm



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

Swim Beginners

Level 1

4:45–5:15pm

Level 2

5:20–5:50pm

Level 3

5:55–6:25pm

Teen/Adult

6:30–7pm

Swim Strokes

Level 4

5–5:40pm

Level 5

5:45–6:25pm

Level 6

6:30–7:10pm

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

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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