

RIDLEY AREA YMCA SWIM LESSONS



Session Dates: September 7th – October 24, 2021

Activity Name

Parent/Child Stages A&B
Parent/Child Stages A&B
Parent/Child Stages A&B
Parent/Child Stages A&B

Day & Times

Fri, 10:45 AM, 30m
Sat, 8:50 AM, 30m
Sat, 9:25 AM, 30m
Sun, 3:20 PM, 30m

Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1
Preschool Stage 1

Sat, 8:50 AM, 30m
Sat, 10:00 AM, 30m
Sat, 11:10 AM, 30m
Mon, 3:20 PM, 30m
Mon, 3:55 PM, 30m
Wed, 3:20 PM, 30m
Wed, 3:55 PM, 30m
Thu, 4:00 PM, 30m
Thu, 7:00 PM, 30m
Fri, 7:00 PM, 30m
Fri, 10:45 AM, 30m
Sun, 2:45 PM, 30m

Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2
Preschool Stage 2

Mon, 3:20 PM, 30m
Mon, 3:55 PM, 30m
Tue, 4:00 PM, 30m
Tue, 7:00 PM, 30m
Wed, 3:20 PM, 30m
Wed, 3:55 PM, 30m
Thu, 7:00 PM, 30m
Thu, 4:00 PM, 30m
Fri, 7:00 PM, 30m
Sat, 11:45 AM, 30m
Sat, 9:25 AM, 30m

Preschool Stage 3
Preschool Stage 3
Preschool Stage 3
Preschool Stage 3

Tue, 7:00 PM, 30m
Sat, 10:35 AM, 30m
Sat, 12:20 PM, 30m
Sun, 2:45 PM, 30m

Preschool Stage 4
Preschool Stage 4

Tue, 4:00 PM, 30m
Sat, 12:55 PM, 30m

Activity Name

Youth Stage 1
Youth Stage 1
Youth Stage 1
Youth Stage 1
Youth Stage 1
Youth Stage 1
Youth Stage 1
Youth Stage 1

Youth Stage 2
Youth Stage 2
Youth Stage 2
Youth Stage 2
Youth Stage 2
Youth Stage 2
Youth Stage 2
Youth Stage 2
Youth Stage 2

Youth Stage 3
Youth Stage 3
Youth Stage 3
Youth Stage 3
Youth Stage 3

Youth Stage 4
Youth Stage 4
Youth Stage 4

Youth Stage 5
Youth Stage 5
Youth Stage 5

Adult/Teen Swim Lessons
Adult/Teen Swim Lessons
Adult/Teen Swim Lessons
Adult/Teen Swim Lessons
Adult/Teen Swim Lessons

Day & Times

Mon, 4:30 PM, 40m
Tue, 4:35 PM, 40m
Wed, 4:30 PM, 40m
Thu, 4:35 PM, 40m
Fri, 7:35 PM, 40m
Sat, 10:00 AM, 40m
Sat, 11:30 AM, 40m
Sun, 2:00 PM, 40m

Mon, 4:30 PM, 40m
Tue, 4:35 PM, 40m
Wed, 4:30 PM, 40m
Thu, 4:35 PM, 40m
Fri, 7:35 PM, 40m
Sat, 10:45 AM, 40m
Sat, 12:15 PM, 40m
Sat, 10:00 AM, 40m

Tue, 5:20 PM, 40m
Thu, 5:20 PM, 40m
Sat, 11:30 AM, 40m
Sat, 10:45 AM, 40m
Sun, 2:00 PM, 40m

Wed, 7:00 PM, 40m
Thu, 5:20 PM, 40m
Sat, 12:15 PM, 40m

Mon, 7:00 PM, 40m
Tue, 5:20 PM, 40m
Sat, 1:00 PM, 40m

Mon, 8:30 PM, 40m
Tue, 1:00 PM, 40m
Wed, 8:30 PM, 40m
Fri, 1:00 PM, 40m
Sat, 1:00 PM, 40m



PRICING:

**For Parent/Child,
& Preschool Lessons:**
\$40 Member
\$75 Non-Member

**Youth and Adult,
& Teen Lessons:**
\$50 Member
\$85 Non-Member

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SWIM STAGES & DESCRIPTIONS

Parent/ Child Stages A/B

For swimmers ages 6 months to 3 years of age. Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Preschool (ages 3-5) / Youth (ages 6-12) Stages

Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit? Jump, push, turn, grab.

ADULT/TEEN

Swim lessons for ages 13+ for beginner to intermediate skill levels. Taught in the shallow end of the pool with Y instructor in the water.

For more detailed information visit cyedc.org or scan the QR code below.



IMPORTANT:

You and your child's health and safety and that of our staff team is very important to us. **All group swim lessons for stages A and B only will require a parent/guardian to get into the pool with the participant.** Parents of stage 1 swimmers who will not get into the pool with an instructor may be asked to get into the pool with their child.

Our instructors will guide you to help teach your child in the pool. Masks are required for all adults and children 2 years of age and over until they enter the water. **For all group swim lessons for stages Youth 1 and higher the swim instructor will be in the water, socially distant with a face shield.**

