

# LANSDOWNE YMCA SWIM LESSONS



**Session Dates: January 3–February 20, 2022**

Activity Name	Day & Times
Parent/Child (Stages A&B)	Wed, 9:00 AM, 30m
Parent/Child (Stages A&B)	Sat, 8:50 AM, 30m
Parent/Child (Stages A&B)	Sun, 3:25 PM, 30m
Preschool Stage 1	Mon, 9:45 AM, 30m
Preschool Stage 1	Mon, 4:00 PM, 30m
Preschool Stage 1	Wed, 9:35 AM, 30m
Preschool Stage 1	Wed, 4:00 PM, 30m
Preschool Stage 1	Fri, 4:00 PM, 30m
Preschool Stage 1	Sat, 8:50 AM, 30m
Preschool Stage 1	Sat, 9:25 AM, 30m
Preschool Stage 1	Sat, 10:00 AM, 30m
Preschool Stage 1	Sat, 11:10 AM, 30m
Preschool Stage 1	Sun, 1:30 PM, 30m
Preschool Stage 1	Sun, 2:50 PM, 30m
Preschool Stage 2	Mon, 4:00 PM, 30m
Preschool Stage 2	Wed, 4:00 PM, 30m
Preschool Stage 2	Sat, 9:25 AM, 30m
Preschool Stage 3	Wed, 4:00 PM, 30m
Preschool Stage 3	Sat, 10:35 AM, 30m
Preschool Stage 4	Fri, 4:00 PM, 30m

Activity Name	Day & Times
School Age Stage 1	Mon, 4:35 PM, 40m
School Age Stage 1	Wed, 4:35 PM, 40m
School Age Stage 1	Fri, 4:35 PM, 40m
School Age Stage 1	Sat, 10:00 AM, 40m
School Age Stage 1	Sat, 11:30 AM, 40m
School Age Stage 1	Sat, 11:40 AM, 40m
School Age Stage 1	Sat, 1:00 PM, 40m
School Age Stage 1	Sun, 2:05 PM, 40m
School Age Stage 1	Sun, 4:00 PM, 40m
School Age Stage 2	Mon, 4:35 PM, 40m
School Age Stage 2	Fri, 4:35 PM, 40m
School Age Stage 2	Sat, 12:15 PM, 40m
School Age Stage 3	Mon, 4:35 PM, 40m
School Age Stage 3	Sat, 10:45 AM, 40m
School Age Stage 3	Sat, 11:30 AM, 40m
School Age Stage 4	Sat, 10:00 AM, 40m
School Age Stage 4	Wed, 4:35 PM, 40m
School Age Stage 5	Fri, 4:35 PM, 40m
School Age Stage 5	Sat, 10:45 AM, 40m
Adult/Teen Swim Lessons	Mon, 9:00 AM, 40m
Adult/Teen Swim Lessons	Mon, 10:20 AM, 40m
Adult/Teen Swim Lessons	Tue, 10:45 AM, 40m
Adult/Teen Swim Lessons	Wed, 10:10 AM, 40m
Adult/Teen Swim Lessons	Wed, 7:00 PM, 40m
Adult/Teen Swim Lessons	Thu, 10:45 AM, 40m
Adult/Teen Swim Lessons	Fri, 9:00 AM, 40m
Adult/Teen Swim Lessons	Fri, 9:40 AM, 40m
Adult/Teen Swim Lessons	Sat., 12:55 PM, 40m
Adult/Teen Swim Lessons	Sat, 1:00 PM, 40m



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

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

# LANSDOWNE YMCA SWIM LESSONS



Session Dates: September 7th - October 24, 2021

## 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](http://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.

