

# LANSDOWNE YMCA SWIM LESSONS



Summer 2022 Sessions

## TWO GREAT OPTIONS FOR SUMMER SWIM LESSONS:



**Summer 2:**  
(July 25–August 28):

Five week sessions, one swim lesson class per week.

Ages	Lesson Types	Day & Time
6 months–3 years	Parent/Child (Stages A&B)	Sat, 8:50 AM, 30m
6 months–3 years	Parent/Child (Stages A&B)	Sat, 10:10 AM, 30m
3–5 years	Preschool Stage 1	Sat, 8:50 AM, 30m
3–5 years	Preschool Stage 1	Sat, 10:10 AM, 30m
3–5 years	Preschool Stage 1	Sat, 11:30 AM, 30m
3–5 years	Preschool Stage 2	Sat, 10:10 AM, 30m
3–5 years	Preschool Stage 3	Sat, 11:30 AM, 30m
6–12 years	School Age Stage 1	Sat, 9:25 AM, 40m
6–12 years	School Age Stage 1	Sat, 10:45 AM, 40m
6–12 years	School Age Stage 1	Sat, 12:05 PM, 40m
6–12 years	School Age Stage 1	Sat, 12:50 PM, 40m
6–12 years	School Age Stage 2	Sat, 9:25 AM, 40m
6–12 years	School Age Stage 2	Sat, 12:05 PM, 40m
6–12 years	School Age Stage 3	Sat, 9:25 AM, 40m
6–12 years	School Age Stage 3	Sat, 12:50 PM, 40m
6–12 years	School Age Stage 4	Sat, 10:45 AM, 40m
6–12 years	School Age Stage 4	Sat, 12:50 PM, 40m
6–12 years	School Age Stage 5	Sat, 12:05 PM, 40m
13 years and over	Adult/Teen Swim Lessons	Tue, 11:00 AM, 40m
13 years and over	Adult/Teen Swim Lessons	Thu, 11:00 AM, 40m
13 years and over	Adult/Teen Swim Lessons	Fri, 9:00 AM, 40m
13 years and over	Adult/Teen Swim Lessons	Sat, 10:45 AM, 40m

### PRICING FOR SUMMER 1 & 2

#### For Parent/Child and Preschool Lessons:

\$30.00 Member  
\$55.00 Non-Member

#### Pricing for Youth and Adult/Teen Lessons:

\$35.00 Member  
\$65.00 Non-Member

For more information contact:  
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# LANSDOWNE YMCA SWIM LESSONS



Summer 2022 Sessions

## Summer B & Summer C:

Summer B (July 11–July 31) & Summer C (August 1–August 21):  
Three week sessions, two swim lesson classes per week.

Ages	Lesson Types	Day & Time
3–5 years	Preschool Stage 1	Mon & Wed, 9:00 AM, 30m
3–5 years	Preschool Stage 1	Mon & Wed, 10:30 AM, 30m
3–5 years	Preschool Stage 1	Tue & Thu, 6:40 PM, 30m
3–5 years	Preschool Stage 2	Mon & Wed, 9:00 AM, 35m
3–5 years	Preschool Stage 2	Tue & Thu, 6:40 PM, 30m
3–5 years	Preschool Stage 3	Mon & Wed, 10:30 AM, 30m
6–12 years	School Age Stage 1	Mon & Wed, 9:40 AM, 40m
6–12 years	School Age Stage 1	Mon & Wed, 11:10 AM, 40m
6–12 years	School Age Stage 1	Tue & Thu, 7:15 PM, 30m
6–12 years	School Age Stage 2	Mon & Wed, 9:40 AM, 40m
6–12 years	School Age Stage 2	Tue & Thu, 7:15 PM, 40m
6–12 years	School Age Stage 3	Mon & Wed, 11:10 AM, 40m

### PRICING FOR SUMMER A, B & C

#### For Parent/Child and Preschool Lessons:

\$35.00 Member  
\$65.00 Non-Member

#### Pricing for Youth and Adult/Teen Lessons:

\$40.00 Member  
\$75.00 Non-Member

## 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 1–5

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 to the right.



For more information contact:  
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