



Swim Lesson Schedule

Chino Valley YMCA

Program	Price
Group Swim Lessons: M/W 4 weeks	Member: \$80 Program Participant: \$104
Group Swim Lessons: Sundays 4 weeks	Member: \$40 Program Participant: \$52
Pre Comp: M/W or T/TH	Member: \$96 Program Participant: \$120
Pre Comp: Sundays	Member: \$48 Program Participant: \$60
Private Swim Lessons Per 30 Minute Lesson	Member: \$38 Program Participant: \$57

Register online
www.weymca.org/swimlessons

Session	Session Dates	Registration Opens
December 4 weeks	Sun-11/29-12/20 M/W 11/30-12/28 No class 12/23 T/Th12/1-12/29 No class 12/24	11/11
January 4 weeks	1/3-1/28	12/21

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**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Swim Lesson Skill Stage



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

Stage	M/W 4 weeks	T/TH 4 weeks	SUN 4 weeks		Stage	M/W 4 weeks	T/TH 4 weeks	SUN 4 weeks
Parent Child A/B			11:00-11:30am		Youth 1			11:00-11:30am
Preschool 1			11:45-12:15pm		Youth 2			2:00-2:30pm
Preschool 2	4:15-4:45		12:30-1:00pm 2:45-3:15pm		Youth 3	4:15-4:45pm		11:45-12:15 2:00-2:30
Preschool 3			1:15-1:45pm		Youth 4	4:15-4:45pm		12:30-1:00pm 2:45-3:15pm
PRE-COMP	5:30-6:15pm	5:45-6:30pm	3:15-4:00pm		Youth 5	3:30-4:00pm 5:00-5:30pm		11:45-12:15pm
		jj			Youth 6	5:00-5:30pm		11:00-11:30am