



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Swim Lesson Schedule

Program	Price
<b>Group Swim Lessons: M/W</b>	<b>Member: \$80 Program Participant: \$104</b>
<b>Group Swim Lessons: T/TH</b>	<b>Member: \$80 Program Participant: \$104</b>
<b>Group Swim Lessons: Saturdays</b>	<b>Member: \$40 Program Participant: \$52</b>
<b>Private Swim Lessons Per 30 Minute Lesson:</b>	<b>Member: \$38 Program Participant: \$57</b>
<b>Pre-comp: T/TH  Ages: 9-16 yrs.</b>	<b>Member: \$96 Program Participant: \$120</b>

Session	Session Dates	Registration Opens
<b>February 4 weeks</b>	<b>2/1-2/27</b>	<b>1/11</b>
<b>March 4 weeks</b>	<b>3/1 – 4/3</b>	<b>2/8</b>

**Questions?**  
Email [emily.schleich@weymca.org](mailto:emily.schleich@weymca.org)



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.

**Register Online:**  
[www.weymca.org/swimlessons](http://www.weymca.org/swimlessons)

# Schedule by Skill Stage



Infant & Toddler  
6 mos.–3 yrs.  
Stages A–B



Preschool  
3–5 yrs.  
Stages 1–6



School Age  
5–12 yrs.  
Stages 1–6



Teen & Adult  
12+ yrs.

Stage	M/W	T/TH	SAT
Parent Child <b>A&amp;B</b>			10:45-11:15am
Preschool <b>1</b>	3:45-4:15pm		10:45-11:15am
Preschool <b>2</b>			10:10-10:40am 10:45-11:15 am
Preschool <b>3</b>	4:55-5:25pm		11:20-11:50am
Preschool <b>4</b>			
<b>Pre-Comp</b>		5:30-6:15pm	

Stage	M/W	T/TH	SAT
Youth <b>1</b>			11:20-11:50am
Youth <b>2</b>	4:20-4:50pm		11:20-11:50am
Youth <b>3</b>	5:30-6:00pm	4:20-4:50pm	12:30-1:00pm
Youth <b>4</b>	4:55-5:25pm	3:10-3:40pm	9:35-10:05am
Youth <b>5</b>	5:30-6:00pm		11:55-12:25pm
Youth <b>6</b>	4:20-4:50pm	3:45-4:15pm	11:55-12:25pm



**VISIT OUR WEBSITE**

[www.weymca.org/swimlessons](http://www.weymca.org/swimlessons)

## Adult Swim Classes (18+):

**Sat - 12:30-1:00pm**

**Scheu Family YMCA of Upland 1150 E. Foothill Blvd. Upland, CA 91786  
(909) 946-6120**