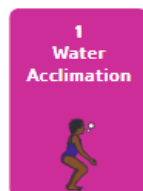


# Swim Lessons

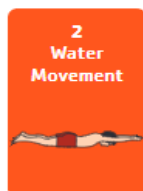
## 6/9/2025 through 8/2/2025

| <p>Schedule runs<br/>June 9 to<br/>August 2 and<br/>is subject to<br/>change.</p> <p><u>Registration</u><br/>for all classes<br/><u>start-</u><br/><u>May 20th</u></p> <p>Contact<br/>Kevin Hoskin or<br/>Elyse White for<br/>any questions at<br/><a href="mailto:khoskin@lakecountnymca.org">khoskin@lakecountnymca.org</a><br/><a href="mailto:ewhite@lakecountnymca.org">ewhite@lakecountnymca.org</a></p> | Tuesday  | Thursday   | Saturday   |
|--|--|--|--|
|  | Parent /Child<br>10:30-11:00am<br>11:05-11:35am                  | Jr. Swim Instructor<br>Development<br>9:15-10:00am | Parent /Child<br>9:30-10:00am                      |
|  | Preschool Stage 1<br>10:30-11:00am<br>5:05-5:35pm<br>5:40-6:10pm | Jr. Lifeguard<br>Development<br>10:15-11:00am      | Preschool Stage 1<br>9:30-10:00am<br>10:05-10:35am |
|  | Preschool Stage 2<br>10:30-11:00am<br>5:05-5:35pm<br>5:40-6:10pm | Parent /Child<br>5:05-5:35pm                       | Preschool Stage 2<br>9:30-10:00am<br>10:05-10:35am |
|  | Preschool Stage 3<br>10:30-11:00am<br>5:05-5:35pm                | Preschool Stage 1<br>5:05-5:35pm<br>5:40-6:10pm    | Preschool Stage 3<br>10:00-10:30am                 |
|  |  | Preschool Stage 2<br>5:05-5:35pm<br>5:40-6:10pm    |  |
|  | Youth Stage 1<br>11:05-11:35am<br>5:40-6:10pm                    | Preschool Stage 3<br>5:05-5:35pm                   | Youth Stage 1<br>10:05-10:35am                     |
|  | Youth Stage 2<br>11:05-11:35am<br>6:15-6:45pm                    |  | Youth Stage 2<br>10:05-10:35am                     |
|  | Youth Stage 3<br>11:05-11:35am<br>6:15-6:45pm                    | Youth Stage 1<br>5:40-6:10pm                       | Youth Stage 3<br>10:40-11:10am                     |
|  | Youth Stage 4<br>11:05-11:35am<br>5:05-5:35pm                    | Youth Stage 2<br>5:40-6:10pm                       | Youth Stage 4<br>10:45-11:10am                     |
|  |  | Youth Stage 3<br>6:15-6:45pm                       | Youth Stage 5<br>10:40-11:10am                     |
|  |  | Youth Stage 4<br>6:15-6:45pm                       |  |
|  |  | Youth Stage 5<br>6:15-6:45pm                       |  |
|  |  | Youth Stage 6<br>6:15-6:45pm                       |  |



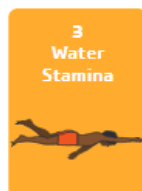
**1  
Water  
Acclimation**

Increases comfort  
with underwater  
exploration and  
introduces basic  
self-rescue skills  
performed with  
assistance



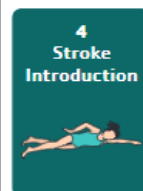
**2  
Water  
Movement**

Encourages  
forward movement  
in water and  
basic self-rescue  
skills performed  
independently



**3  
Water  
Stamina**

Develops  
intermediate  
self-rescue skills  
performed at  
longer distances  
than in previous  
stages



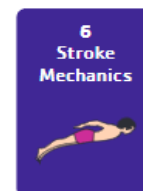
**4  
Stroke  
Introduction**

Introduces basic  
stroke technique  
in front crawl and  
back crawl and  
reinforces water  
safety through  
treading water  
and elementary  
backstroke



**5  
Stroke  
Development**

Introduces  
breaststroke and  
butterfly and  
reinforces water  
safety through  
treading water  
and sidestroke



**6  
Stroke  
Mechanics**

Refines stroke  
technique on all  
major competitive  
strokes and  
encourages  
swimming as  
part of a healthy  
lifestyle