

Central Y Swim Lessons

March 9th – May 2nd 2026

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	Parent/Child 6pm	Parent/Child 10am	Parent/Child 6pm		Parent/Child 9:00am
Youth Stage 1 4pm	Preschool Stage 1 6:30pm	Preschool Stage 1 5pm	Preschool Stage 1 5:30pm	Preschool Stage 10:30am	Preschool Stage 1 9:30am
Youth Stage 2 4:30/ 5:00pm	Preschool Stage 2 5:30pm/ 6:30pm	Preschool Stage 2 10:30am/ 5:30pm	Preschool Stage 2 5:30pm/ 6:30pm	Preschool Stage 2 10am	Preschool Stage 2 10:30am
Youth Stage 3 4pm	Preschool Stage 3 5:30pm	Preschool Stage 3 6pm	Preschool Stage 3 6:30pm		Preschool Stage 3 10am
Youth Stage 4 4:00pm/ 5:00pm	Youth Stage 1 4pm	Youth Stage 1 4:00pm/ 6:30pm			Youth Stage 1 10/11am
Youth Stage 5 4:30pm	Youth Stage 2 5pm	Youth Stage 2 4:30pm/ 6:30pm			Youth Stage 2 10am/ 10:30am
Youth Stage 6 4pm	Youth Stage 3 4:30pm	Youth Stage 3 4:00pm/ 6:00pm			Youth Stage 3 10:30am/ 11am
	Youth Stage 4 4:30pm	Youth Stage 4 4:30pm/ 6:30pm			Youth Stage 4 10:30 am
	Youth Stage 5 5pm	Teen/Adult 6pm			Youth Stage 5 11am
	Youth Stage 6 4pm	Adaptive Lessons 4pm/4:30p m/5pm			Youth Stage 6 10am

1 Water Acclimation 	2 Water Movement 	3 Water Stamina 	4 Stroke Introduction 	5 Stroke Development 	6 Stroke Mechanics 
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle