

## Central Y Swim Lessons

**March 9<sup>th</sup> –May 2<sup>nd</sup> 2026**

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>
	Parent/Child	Parent/Child	Parent/Child		Parent/Child
	6pm	10am	6pm		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**



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