

East End Y Swim Lessons

March 9th – May 2nd, 2026

Tuesday	Thursday	Saturday
Homeschool Gym & Swim Ages 3-6: 9:45-11:15am Ages 7 & Up: 9:30-11:00am		
Parent /Child 11:05-11:35am	Parent/Child 5:05-5:35	Parent /Child 9:50-10:20am
Preschool stage 1 11:05-11:35am 5:05-5:35pm 5:40-6:10pm	Preschool Stage 1 5:05-5:35pm 5:40-6:10pm	Preschool Stage 1 9:15-9:45am 9:50-10:20am
Preschool Stage 2 11:05-11:35am 5:05-5:35pm	Preschool Stage 2 5:40-6:10pm	Preschool Stage 2 9:15-9:45am 9:50-10:20am
Preschool Stage 3 5:05-5:35pm	Preschool Stage 3 5:05-5:35pm	Preschool Stage 3 9:15-9:45am
	Preschool Stage 4 5:05-5:35pm	
Youth Stage 1 5:40-6:10pm	Youth Stage 1 5:40-6:10pm	Youth Stage 1 10:25-10:55am
Youth Stage 2 6:15-6:45pm	Youth Stage 2 5:40-6:10pm	Youth Stage 2 10:25-10:55am
Youth Stage 3 6:15-6:45pm	Youth Stage 3 6:15-6:45pm	Youth Stage 3 11:00-11:30am
Youth Stage 4 5:05-5:35pm	Youth Stage 4 6:15-6:45pm	Youth Stage 4 11:00-11:30am
	Youth Stage 5 6:15-6:45pm	Youth Stage 5 11:00-11:30am
	Youth Stage 6 6:15-6:45pm	Youth Stage 6 11:00-11:30am



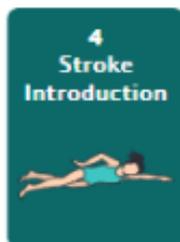
1 Water Acclimation
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



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