

Central Y Swim Lessons

May 4-May 30th 2026

| Tues. | Wed. | Thurs. | Fri. |
|--|--|--|--|
| Parent/Child 6:30pm | Parent/Child 10am | Parent/Child 5:30pm | |
| Preschool: Gym/swim Stage 1 5:30pm | Preschool Stage 1 5pm | Preschool Gym/Swim Stage 1 5:30pm | Preschool Gym/Swim Stage 1 10am |
| Preschool Gym/Swim Stage 2 5/5:30pm | Preschool Stage 2 10:30am/ 5:30pm | Preschool Gym/Swim Stage 2 6pm | Preschool Gym/Swim Stage 2 9:30am |
| Preschool Gym/Swim Stage 3 5pm | Preschool Stage 3 6pm | Preschool Gym/Swim Stage 3 5:30pm | Preschool Gym/Swim Stage 3 9:30am |
| Youth Stage 1 6:30pm | Youth Stage 1 6:30pm | Youth Stage 1 6:30pm | |
| Youth Stage 2 6:30pm | Youth Stage 2 6:00/6:30pm | Youth Stage 2 6:30pm | |
| Youth Stage 3 6:00pm | Youth Stage 3 6:00/6:30pm | | |
| Youth Stage 4 5:30pm | Youth Stage 4 6:30pm | Youth Stage 4 6pm | |
| Adult Lessons 6:30pm | Teen Lessons 6pm | Youth Stage 5 6pm | |



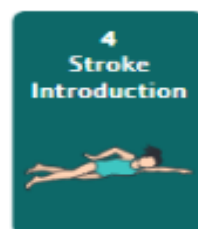
1 Water Acclimation
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



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



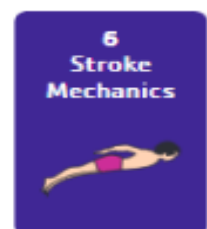
3 Water Stamina
Develops intermediate self-rescue skills performed at longer distances than in previous stages



4 Stroke Introduction
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water



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