


East End Y Swim Lessons

May 4th – May 30th / 2026

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

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