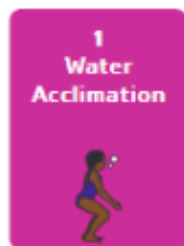


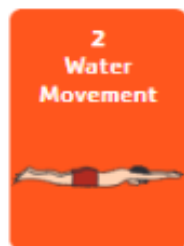
East End Y Swim Lessons

June 8th – August 1st, 2026

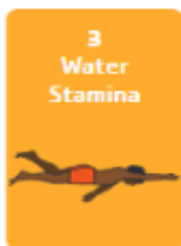
Tuesday	Thursday	Saturday
Parent /Child 11:05-11:35am 5:05-5:35pm	Parent/Child 5:05-5:35pm	Parent /Child 9:50-10:20am
Preschool stage 1 9:45-10:15am 5:05-5:35pm 5:40-6:10pm	Preschool Stage 1 5:05-5:35pm 5:40-6:10pm	Preschool Stage 1 9:15-9:45am 9:50-10:20am
Preschool Stage 2 9:45-10:15am 5:40-6:10pm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



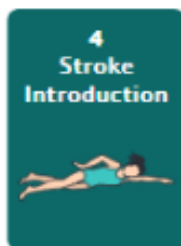
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



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



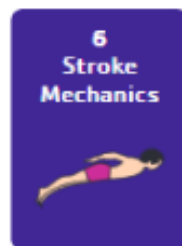
Develops intermediate self-rescue skills performed at longer distances than in previous stages



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