


Central Y Swim Lessons
June 8th-August 1st 2026

Mon.	Tues.	Wed.	Thurs.	Fri.
	Parent/Child 6:00pm	Parent/Child 10am	Parent/Child 5:30pm	
	Preschool: Stage 1 6:30pm	Preschool Stage 1 5pm	Preschool Gym/Swim Stage 1 5:30pm	Preschool Stage 1 10:30am
	Preschool Stage 2 11am/5:30pm /6:30pm	Preschool Stage 2 10:30am/ 5:30pm	Preschool Gym/Swim Stage 2 5:30pm/6pm	Preschool Stage 2 10am
	Preschool Stage 3 11am/5:30pm	Preschool Stage 3 6pm	Preschool Gym/Swim Stage 3 6pm	Preschool Stage 3 11am
Youth Stage 1 3:30pm/4:30p m		Youth Stage 1 4pm/6:30pm	Youth Stage 1 10am	
Youth Stage 2 4pm	Youth Stage 2 3:30pm	Youth Stage 2 4:00pm /6:30pm	Youth Stage 2 10am	
Youth Stage 3 4pm	Youth Stage 3 4pm	Youth Stage 3 4:30pm/6pm	Youth Stage 3 10:30am	
Youth Stage 4 3:30	Youth Stage 4 4:30pm	Youth Stage 4 4:30pm/6pm	Youth Stage 4 10:30am	
Youth Stage 5 4:30pm		Youth Stage 5 5:30pm		
Youth Stage 6 5pm		Teen Lessons 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 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