



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUMMER SWIM LESSON PROGRAMS AT THE SHERWOOD YMCA

MEMBER REGISTRATION FOR SUMMER LESSONS BEGINS APRIL 29
 CHECK OUR APP FOR THE MOST CURRENT POOL SCHEDULE

WEEKDAY SWIM LESSONS

Water Exploration	11:00 AM		4:50 PM			
Preschool 1	9:15 AM	10:25 AM	11:35 AM	3:05 PM	4:15 PM	5:25 PM
Preschool 2	9:50 AM	12:10 PM	3:40 PM	4:50 PM		
Preschool 3/4	10:25 AM		4:15 PM			
Level 1	9:50 AM	12:10 PM	3:40 PM	6:00 PM		
Level 2	9:15 AM	10:25 AM	11:35 AM	3:05 PM	4:15 PM	5:25 PM
Level 3	9:50 AM	11:00 AM	3:40 PM	6:00 PM		
Level 4	12:45 PM		5:10 PM			
Level 5/6	12:45 PM		6:00 PM			

SATURDAY SWIM LESSONS

Parent & Child	9:00 AM	10:45 AM			
Water Exploration	10:10 AM				
Preschool 1	9:35 AM	10:45 AM			
Preschool 2	9:00 AM	11:20 AM			
Preschool 3/4	10:10 AM				
Level 1	9:35 AM	10:45 AM			
Level 2	9:00 AM	10:10 AM	11:20 AM		
Level 3	9:35 AM	11:20 AM			
Level 4	11:55 AM				
Level 5/6	11:55 AM				

OTHER AQUATICS PROGRAMS

Teen & Adult Swim Lessons – We have options available for all skill levels on select days and times.

Pre-Competitive Swim League – For swimmers who want to learn more about competitive swimming.

NEW SESSIONS BEGIN REGULARLY. TO REGISTER, GO TO YMCACW.ORG OR USE THE CODE →

FOR MORE INFORMATION, EMAIL SHERWOODAQUA@YMCACW.ORG





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LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.