



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wallingford Family YMCA

Preschool, Youth & Adult Swim Lessons

Lessons Run March 4th - April 21st

Registration Begins March 11th!

*Classes meet once a week on their designated day and time.

30 Minute Lessons: F \$68 Y \$ 74 C \$85

45 Minute Lessons: F \$72 Y \$80 C \$95

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STAGE A: WATER DISCOVERY (AGE 6 MONTHS TO 18 MONTHS)			6:05-6:35pm Teaching Pool			9:00-9:30am Teaching Pool	
STAGE B: WATER EXPLORATION (AGE 18 MONTHS TO 3 YEARS)						9:35-10:05am Teaching Pool	
STAGE 1: PRESCHOOL- WATER ACCLIMATION	5:00-5:30pm Teaching Pool			5:30-6:00pm Teaching Pool		10:10-10:40am Teaching Pool	10:45-11:15am Teaching Pool
STAGE 2: PRESCHOOL- WATER MOVEMENT	5:35-6:05pm Teaching Pool			6:05-6:35pm Teaching Pool		10:45-11:15am Teaching Pool	10:10-10:40am Teaching Pool
STAGE 3: PRESCHOOL- WATER STAMINA	6:10-6:40pm Teaching Pool		5:30-6:00pm Teaching Pool	6:40-7:10pm Teaching Pool		11:20-11:50am Teaching Pool	9:35-10:05am Teaching Pool
STAGE 4: PRESCHOOL- STROKE INTRODUCTION	6:45-7:15pm Teaching Pool		6:40-7:10pm Teaching Pool	7:15-7:45pm Teaching Pool			9:00-9:30am Teaching Pool
STAGE 1: YOUTH- WATER ACCLIMATION		6:00-6:45pm Teaching Pool			6:10-6:55pm Teaching Pool	11:30-12:15pm Teaching Pool	9:00-9:45am Teaching Pool
STAGE 2: YOUTH- WATER MOVEMENT		6:50-7:35 Teaching Pool			5:20-6:05pm Teaching Pool	10:45-11:30am Teaching Pool	9:50-10:35am Teaching Pool
STAGE 3: YOUTH- WATER STAMINA			7:15-8:00pm Teaching Pool		4:30-5:15pm Teaching Pool	9:00-9:45am Lap Pool	10:45-11:30am Lap Pool
STAGE 4: YOUTH- STROKE INTRODUCTION		4:00-4:30pm Lap Pool		4:45-5:15pm Lap Pool		9:50-10:35am Lap Pool	11:30-12:15pm Lap Pool
STAGE 5: YOUTH- STROKE DEVELOPMENT		4:30-5:15pm Lap Pool		4:00-4:45pm Lap Pool			
ADULT SWIM LESSONS	<u>Beginner</u> 7:20-8:05pm Teaching Pool	<u>Intermediate</u> 7:40-8:25pm Teaching Pool					

Please note: The Y does not provide make-up classes for individuals who miss a class. Make-ups and credits are not issued for weather related issues. Refunds or credits will not be issued after the second class.