



HIGHLAND YMCA SPRING 1 - 2 SWIM LESSONS

SPRING 1: February 26 – March 21

Full Facility Membership Registration: Feb. 12
 Program Membership Registration: Feb. 19
 Mon/Wed & Tues/Thurs lessons: \$85/\$125

SPRING 2: March 25 – April 18

Full Facility Membership Registration: March 11
 Program Membership Registration: March 18
 Mon/Wed & Tues/Thurs lessons: \$85/\$125

Spring 3 Swim Flyer will come out the week of
 April 1st.



4 Week Sessions

Day	Mon/Wed						Tues/Thurs			
	4:00	4:30	5:00	5:35	6:10	6:45	5:00	5:35	6:10	6:45
Parent Child Stage A & B			X							
Preschool Stage 1 & 2				X			X			
Preschool Stage 3 & 4								X		
Youth Stage 1 & 2					X				X	
Youth Stage 3						X				X
Safety Around Water	X	X								

*All group swim lessons are 30mins long.

PARENT/CHILD PROGRAM

Parent child stage A

Water discovery introduces infants and toddlers to the aquatic environment.

Parent child Stage B

This class is for those Water exploration focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatics skills.

PRESCHOOL PROGRAM

Preschool Stage 1 Water acclimation increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Preschool Stage 2 Water movement encourages forward movement in water and basic self-rescue skills performed independently.

Preschool Stage 3 Water stamina develops intermediate self-rescue skills performed at longer distances than in previous stages.

Preschool Stage 4 Stroke introduction of basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

YOUTH PROGRAM

Youth Stage 1 Water acclimation increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Youth Stage 2 Water movement encourages forward movement in water and basic self-rescue skills performed independently.

Youth Stage 3 Water stamina develops intermediate self-rescue skills performed at longer distances than in previous stages.

Youth Stage 4 Stroke introduction of basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Register online, on app, or at membership desk.