



SAN BERNARDINO YMCA SPRING 1 - 3 SWIM LESSONS

SPRING 1: February 26 – March 21

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

SPRING 2: March 25 – April 18

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

SPRING 3: April 22 – May 16

Full Facility Membership Registration: April 8
 Program Membership Registration: April 15
 Tues/Thurs lessons: \$85/\$125



4 Week Sessions

| Day | Tues/Thurs | | | |
|-----------------------|------------|------|------|------|
| | 5:00 | 5:35 | 6:10 | 6:45 |
| Preschool Stage 1 & 2 | X | | | |
| Preschool Stage 3 & 4 | | X | | |
| Youth Stage 1 & 2 | | | X | |
| Youth Stage 3 | | | | X |

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.

*All group swim lessons are 30mins long.

Register online, on app, or at membership desk