



HIGHLAND YMCA SUMMER 1 - 3 SWIM LESSONS

SUMMER 1: May 28 - June 20 (4 weeks)

Full Facility Membership Registration: May 13
 Program Membership Registration: May 20
 Mon/Wed lessons: \$74/\$109*
 Tues/Thurs lessons: \$85/\$125

SUMMER 2: June 25 - July 18 (4 weeks)

Full Facility Membership Registration: June 10
 Program Membership Registration: June 17
 Mon/Wed lessons: \$85/\$125
 Tues/Thurs lessons: \$74/\$109*

SUMMER 3: July 23 - Aug 15 (4 weeks)

Full Facility Membership Registration: July 8
 Program Membership Registration: July 15
 Mon/Wed & Tues/Thurs lessons: \$85/\$125

***No swim on holidays: May 27; July 4th**



4 Week Sessions

Day	Mon/Wed						Tues/Thurs			
	4:00	4:35	5:10	5:45	6:20	6:55	5:00	5:35	6:10	6:45
Parent Child Stage A & B	X							X		
Preschool Stage 1 & 2			X		X		X		X	
Preschool Stage 3 & 4		X		X				X		
Youth Stage 1 & 2			X		X				X	X
Youth Stage 3				X		X	X			
Teen/Adult Beginner						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.