the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH THIS SPRING BREAK!

Join Us For Our Daytime Spring Break Lessons!

Our progressive lessons turn beginners into experts with classes tailored to your child's age and ability level. Swim lessons are about having fun, learning safety and building confidence!

2 WEEKS OF LESSONS

APRIL 10 – 14
APRIL 17 – 21

Monday – Friday: 9:35am – 12:00pm

ALL LEVELS OFFERED!

SPRING BREAK PRICING

A/B & PRESCHOOL
MEMBERS $43 | NON-MEMBERS $56

YOUTH
MEMBERS $53 | NON-MEMBERS $70

PRIVATE & SEMI-PRIVATE LESSONS AVAILABLE FOR ALL AGES!

WHICH STAGE BEST FITS YOUR CHILD?

SWIM STARTERS (6-35mo)

Water Discovery and Exploration: Parent Participation A/B

A) Parents Introduces infants and toddlers to water.
B) In this stage, parents work with their children to explore body positions.

PRESCHOOL AGE (3-5yrs)

Stage 1: Water Acclimation
Lays the foundation that allows for future progress in swimming.

Stage 2: Water Movement
Students focus on body position and control, directional change.

Stage 3: Water Stamina
Learn how to swim to safety from a longer distance. Intro to arm and leg action.

Stage 4: Stroke Introduction
Stroke technique in front crawl & back crawl & learn the different kicks.

SCHOOL AGE (6-12yrs)

Stage 1: Water Acclimation
Non-swimmers with no experience in the water. Children are introduced to water.

Stage 2: Water Movement
Intermediate-level stage focuses on independent swimming.

Stage 3: Water Stamina
Intermediate/advanced focus on building endurance and refine basic movements.

Stage 4: Stroke Introduction
Advanced stage focusing on strokes and endurance.

Stage 5: Stroke Development
For swimmers who already have knowledge of the four competitive strokes.

Stage 6: Stroke Mechanics
Refine stroke technique on all major competitive strokes.

www.ymca.org/palomar