



# Youth Swim Lesson Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Swim Basics			Swim Strokes			<b>INFORMATION TO BE SUCCESSFUL</b> <b>When you arrive...</b> Please check in with the Welcome Center Desk with your membership ID card or signing in on the class roster.  <b>Where can I watch my child?</b> Parents may be on the pool deck. We ask you to stand back from class so the instructors may have the full attention of your child. <b>We cannot attend class-- Can we schedule a make-up?</b> <b>Or attend a different class time?</b> The James Family Prescott YMCA does not offer make up classes due to personal absences. We will not allow children to attend a different class time either to keep within the instructor to participant ratio.  <b>What happens if the pool closes?</b> Our staff will notify parents as soon as an issue arises and we will, to the best of our ability, schedule a make up class.  <b>More Questions?</b> Contact: Kelly Winkels 928-445-7221 ex 239 kelly.winkels@prescottymca.org
1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics	
Increases comfort with Underwater exploration and introduces basic self-rescue skills performed with assistance.	Encourages forward movement in water and basic self-rescue skills performed independently.	Developes intermediate self-rescue skills performed at longer distances than in previous stages.	Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.	
<b>Tuesday and Thursday</b>			<b>Tuesday and Thursday</b>			
5:15p-5:45p	5:15p-5:45p	5:15p-5:45p	5:15p-5:45p	5:15p-5:45p	5:00p-6:00p	
6:00p-6:30p	6:00p-6:30p	6:00p-6:30p	6:00p-6:30p	6:00p-6:30p	6:00p-7:00p	
Session 1: January 9-February 1			Session 1: January 9-February 1			
Session 2: February 6-Mar 1			Session 2: February 6-Mar 1			
*Session 3: March 6-29 No Lessons March 13 & 15 (Spring Break)			*Session 3: March 6-29 No Lessons March 13 & 15 (Spring Break)			
<b>Tuesday and Thursday</b>			<b>Tuesday and Thursday</b>			
5:10p-5:40p	5:10p-5:40p	5:10p-5:40p	5:10p-5:40p	5:10p-5:40p	5:00p-6:00p	
5:50p-6:20p	5:50p-6:20p	5:50p-6:20p	5:50p-6:20p	5:50p-6:20p	6:00p-7:00p	
6:30p-7:00p	6:30p-7:00p	6:30p-7:00p	6:30p-7:00p	6:30p-7:00p		
Session 4: April 3-26			Session 4: April 3-26			
Session 5: May 1-May 24			Session 5: May 1-May 24			
<b>Cost:</b> Members: Priority Registration begins on the 10th of the month prior. Community begins the 15th			<b>Members: \$35 Community: \$70</b> *Prices prorated for shorter sessions, not prorated for late registrations. Registration closes at 5pm on the first day of class.			



# Swim Starters and Adult Swim Lesson Schedule

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Swim Starters		Swim Starters		<h2>Swim Assessment Dates</h2> <p>Don't know where to place your child? Come to a FREE swim skills assessment date. Find out which stage to register your child for!</p>	
A Water Discovery	B Water Exploration	A Water Discovery	B Water Exploration		
				<b>DATE</b>	<b>TIME</b>
Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.	Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety skills.	Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.	Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety skills.	Sat Dec 2	9:00a-9:30a
<b>Saturdays</b>		<b>Monday and Wednesday</b>		Sat Dec 9	9:00a-9:30a
9:30a-10:00a	10:00a-10:30a	11:00a-11:30a	11:30a-12:00p	Sat Jan 6	9:00a-9:30a
Session 1: January 6-27		Session 6: Jan 9-Feb 1		Sat Jan 27	10:30a-11:00a
Session 2: February 3-24		Session 7: Feb 6-Mar 1		Sat Feb 3	10:30a-11:00a
Session 3: March 3-31 No class on March 24 (Easter Egg Hunt)		*Session 8: Mar 6-29		Sat Feb 24	10:30a-11:00a
		<b>Cost: Members: \$35</b>		Sat Mar 3	10:30a-11:00a
		<b>Community: \$70</b>		Sat Mar 31	10:30a-11:00a
<b>Saturdays</b>		<b>Adult Swim Lessons</b>		Sat Apr 7	11:00a-11:30a
9:00a-9:30a	10:00a-10:30a	<b>Saturdays: 9:00-9:45a</b>		Sat Apr 14	11:00a-11:30a
9:30a-10:00a	10:30a-11:00a	Session 1: January 6-27		Sat Apr 21	11:00a-11:30a
Session 4: April 7-28		Session 2: February 3-24		Sat Apr 28	11:00a-11:30a
*Session 5: May 5-19		Session 3: March 3-31 No class on March 24 (Easter Egg Hunt)		Sat May 5	9:00a-9:30a
<b>Cost:</b>		Session 4: April 7-28		Tue May 8	4:30p-5:00p
<b>Members: \$20</b>		*Session 5: May 5-19		Thur May 10	4:30p-5:00p
<b>Community: \$40</b>				Tue May 15	4:30p-5:00p
				Sat May 19	11:00a-11:30a
				<b>Adult Swim Lessons</b>	
				<b>Cost:</b>	
				<b>Members: \$20</b>	
				<b>Community: \$40</b>	
				<b>Contact: Kelly Winkels</b> Aquatics Director 928-445-7221 ex 239 kelly.winkels@prescottymca.org	

