



# Sally's YMCA Summer 2026

## BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Monday–Thursday: Saturdays:**

**June 1–June 11**

**June 1— August 1**

**June 15—June 25**

**(No class July 4th)**

**July 6–July 16**

**July 20—July 30**

Every day children learn the basics of swimming at the Y or enhance their existing skills with our swim lesson program that turns beginners into experts! The Sally's YMCA ensures that all lessons have a low instructor-to-student ratio that will make sure your child gets plenty of personal attention. With our wide selection of classes and schedules you will be sure to find a lessons that fits your child's needs and your schedule.

PARENT/ CHILD	Stages	Mon/Wed	Tues/Thur	Saturday	Member	Participant
	Parent/ Child			10:15a-10:45a	\$118	\$165

	Stages	Mo/Tu/We/Th	Tues/Thur	Saturday	Member	Participant
PRESCHOOL (3-5 years)	<b>SWIM BASICS 1</b> Water Acclimation	9:50a-10:20a 4:00p-4:30p		10:15a-10:45a	\$118	\$165
	<b>SWIM BASICS 2</b> Water Movement	9:50a-10:20a 4:00p-4:30p		10:15a-10:45a	\$118	\$165
	<b>SWIM BASICS 3</b> Water Stamina	9:50a-10:20a 4:00p-4:30p		10:15a-10:45a	\$118	\$165

	Stages	Mo/Tu/We/Th	Tues/Thur	Saturday	Member	Participant
SCHOOLAGE (6-12 years)	<b>SWIM BASICS 1</b> Water Acclimation	9:00a-9:40a 4:40p-5:20p		11:00a-11:40a	\$118	\$165
	<b>SWIM BASICS 2</b> Water Movement	9:00a-9:40a 4:40p-5:20p		11:00a-11:40a	\$118	\$165
	<b>SWIM BASICS 3</b> Water Stamina	9:00a-9:40a 4:40p-5:20p		11:50a-12:30p	\$118	\$165
	<b>SWIM STROKES 4</b> Stroke Introduction			11:50a-12:30p	\$118	\$165

<b>Private Lessons</b> 5 Lessons 30 Minutes					\$135	\$180
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Pricing is based on an 8-session program. Makeup sessions are offered for weather cancellations only.

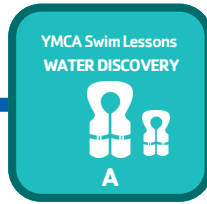
Classes with fewer than three participants may be canceled; alternatives will be provided.



# STAGE DESCRIPTIONS

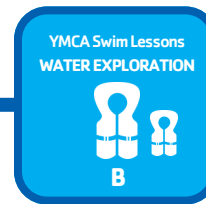
## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences while parents learn about water safety, drowning prevention, and the importance of supervision.



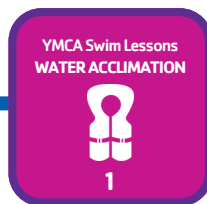
### A / WATER DISCOVERY

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves



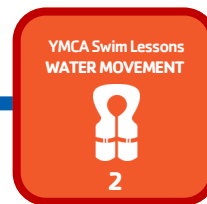
### B / WATER EXPLORATION

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills



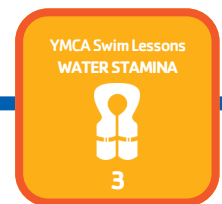
### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future to progress in swimming



### 2 / WATER MOVEMENT

In Stage 2, students will focus on body position and control, directional changes, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



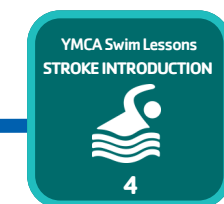
### 3 / WATER STAMINA

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM BASICS

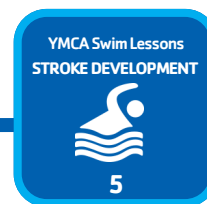
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.



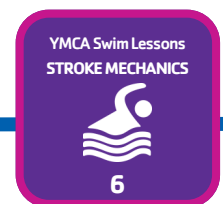
### 4 / STROKE INTRODUCTION

Students in Stage 4 develop stroke techniques in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary breaststroke.



### 5 / STROKE DEVELOPMENT

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

#### HAVE MORE QUESTIONS?

Our Member Services Desk Staff are available to answer any questions about our swim lesson program.

Or Contact Lori Stroup at [Lois@ymcacv.org](mailto:Lois@ymcacv.org)