



# Fall Swim Lesson Schedule

## Hayes-Taylor Memorial YMCA

Swim Lessons at the Y are offered the entire year. Below are the session dates and registration dates for our next several sessions. Swim Lessons are offered on weekdays or Saturdays, and each session is composed of eight (8) lessons. Weekday classes run for four weeks, with 2 lessons each week. Saturday classes run for four (4) weeks, with 1 lesson each week.

Month	Weekday Sessions	Registration Begins	Month	Saturday Sessions	Registration Begins
September	Sept. 1 – Sept. 30	Date: Aug 24	September	Sept. 5 – Sept. 26	Date: Aug. 29
October	Oct. 5 – Oct. 29	Date: Sept. 25	October	Oct. 3 – Oct. 31	Date: Sept. 26
November	Nov. 2 – Nov. 30	Date: Oct. 23	November	Nov. 7 – Nov. 28	Date: Oct. 24

All weekday class sessions cost \$30 for members and \$60 for potential members. All weekend class sessions cost \$20 for members and \$35 for potential members. Class times and availability are subject to change. Three (3) participants must be paid and registered to constitute a class.

**LEVEL 0: (SHRIMPS):** A class for children **ages 6 - 36 months** and their parents. Learn water adjustment skills, personal safety, and fun!

Tues/ Thurs	5:00-5:30
Saturday	11:30-12:00

**LEVEL P-1 (PIKE):** Beginning skills for children **ages 3-5** that have little or no swimming and floating skills. Emphasis is on basic locomotion.

Mon/Wed	5:00-5:30
Saturday	12:00-12:30

**LEVEL P-2 (EEL):** Intermediate skills for children **ages 3 – 5** who can already swim-5 feet unassisted and submerge face / exhale bubbles.

Mon/ Wed	5:00-5:30/5:30-6:00	Saturday	12:00-12:30
Tues./Thurs	5:00-5:30/5:30-6:00		

**LEVEL P-3 (RAY/STARFISH):** Advanced skills for children **ages 3 – 5** that can float, submerge face, and swim 15 feet unassisted.

Mon/ Wed	5:30-6:00
Saturday	12:30-1:00

**LEVEL G-1 (POLLIWOG):** Beginning skills for children **ages 6 – 14**. The emphasis is on floating, water survival, and basic stroke development.

Mon/ Wed	6:00-6:30	Saturday	12:30-1:00
Tues./Thurs	6:00-6:30		

**LEVEL G-2 (GUPPY):** For children **ages 6 – 14** who can swim 10-15 feet unassisted with a basic stroke and a submerged face.

Mon/ Wed	6:00-6:30	Saturday	12:30-1:00
Tues./Thurs	6:00-6:30		

**LEVEL G-3 Swim Academy (MINNOW / FISH):** For children **ages 6 – 14** who can swim 25 yards (1 pool length) using two or more strokes.

Mon/ Wed or Tues/ Thurs	6:00 – 6:45
Saturday	1:00 – 1:45

**LEVEL A-1 (ADULT BEGINNER):** Designed for beginners **ages 15 & up**. Learn basic stroke technique, breath control, safety, and survival.

Mon/ Wed	9:00 - 9:30	Saturday	11:00 – 11:45
Tues/ Thurs	6:00 – 6:30		

**LEVEL A-2 (ADULT INTERMED):** Designed for beginners **ages 15 & up**. Learn stroke efficiency, endurance training, and conditioning.

Mon/ Wed	9:00 – 9:30	Saturday	11:00 – 11:45
Tues/ Thurs	6:00 – 6:30		