



# Swim Lessons Spring 2024

## April 27th– June 9th

### Member Registration: April 8th

### Non-Member Registration: April 15th

Swim lessons are 30 minutes long. Parent-Child lessons require an adult to accompany the child in to the water. Any required flotation devices will be provided. Financial assistance is available to all who qualify.

Class	Ages	Day	Time	Price:
Parent-Child M1-2	6 mo.—3 years	Saturday Sunday	8:50, 9:25, 11:10 8:50, 10:00	Family Member: \$64 Single Member: \$86 Non-Member: \$168
Preschool P1-2	3-5 years	Saturday Sunday	8:15, 8:50, 10:00, 11:45, 12:20, 12:55, 1:30 8:15, 8:50, 11:10	
Preschool P3	3-5 years	Saturday Sunday	8:15, 9:25, 10:00, 10:35, 11:45, 1:30 9:25, 10:00, 10:35	
Youth Y1	6-13 years	Saturday Sunday	8:15, 8:50, 9:25, 10:00, 10:35, 12:20, 12:55 8:50, 9:25, 10:35	
Youth Y2	6-13 years	Saturday Sunday	8:15, 10:00, 10:35, 11:10, 11:45, 12:20 8:15, 11:10, 11:45	
Youth Y3	6-13 years	Saturday Sunday	8:15, 8:50, 9:25, 10:00, 11:10, 12:55 9:25, 10:00, 11:10	
Youth Y4	6-13 years	Saturday Sunday	8:50, 10:35, 12:20, 12:55, 1:30 8:15, 10:35, 11:45	
Youth Y5-6	6-13 years	Saturday Sunday	8:15, 10:00, 10:35, 11:45, 1:30 8:50, 10:00, 11:10	
Adult Beginner	14+ years	Saturday Sunday	8:50, 11:10, 12:55 10:35, 11:45	
Adult Advanced	14+ years	Saturday Sunday	9:25, 12:20, 1:30 9:25	
Private Lesson	Any	Saturday Sunday	9:25, 10:35, 11:10, 11:45 8:15, 11:45	Member: \$306 Non-Member: \$421

For more information contact Stephanie Wallace at 978-454-7825 ext. 825 or [swallace@lowellymca.org](mailto:swallace@lowellymca.org)

**GREATER LOWELL FAMILY YMCA**  
 35 YMCA Drive  
 Lowell, MA 01852

# SWIM LESSON LEVELS

## PARENT CHILD "MINI" STAGE 1&2

6 months—3 years

M 1-2	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.
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## PRESCHOOL STAGES

3 years—5 years

P 1-2	Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming .
P 3	In stage 3, students focus on body position and control, directional change, 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. Children must be able to submerge their head under water.

## YOUTH STAGES

6 years—13 years

Y 1	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 progress in swimming. 6+ years old.
Y 2	In stage 2, students focus on body position and control, directional change, 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. 6+ years old.
Y 3	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. Children must be able to submerge their head under water. 6+ years old.
Y 4	Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. 6+ years old.
Y 5-6	Students in stage 5 and 6 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

## ADULT STAGES 14+

Beginner	For those who are new to swimming or who are fearful in the water. 14+ years and older.
Advanced	For those with basic skill and can swim ONE length of the pool front crawl OR back crawl. This class focuses on technique. 14+ years.