



# Swim Lessons Winter 1 2025

January 4th-February 16th

Member Registration: December 9th

Non-Member Registration: December 16th

Swim lessons are 30 minutes long. Parent-Child lessons require an adult to accompany the child into the water. Any required flotation devices will be provided.

Class	Ages	Day	Time	Price
Parent-Child M1-2	6 mo.-3 years	Saturday	9:25, 10:35	<p><b>Saturdays: (7 lessons)</b></p> <p><b>Sundays: (6 lessons)</b> no lessons on 1/26</p> <p>Family Member: (Saturday) \$64 (Sunday) \$54.86</p> <p>Single Member: (Saturday) \$86 (Sunday) \$73.72</p> <p>Non-Member: (Saturday) \$168 (Sunday) \$144</p>
		Sunday	8:50, 10:35	
Preschool P1-2	3-5 years	Saturday	8:50, 10:00, 11:10, 11:45, 12:20, 1:30	
		Sunday	8:15, 9:25, 10:35, 11:45	
Preschool P3	3-5 years	Saturday	8:15, 10:00, 10:35, 12:20, 12:55, 1:30	
		Sunday	8:50, 9:25, 10:00, 10:35	
Youth Y1	6-13 years	Saturday	8:15, 8:50, 10:00, 11:10, 11:45, 12:20, 1:30	
		Sunday	8:15, 9:25, 10:00, 11:10, 11:45	
Youth Y2	6-13 years	Saturday	8:15, 8:50, 10:35, 11:10, 12:55, 1:30	
		Sunday	8:15, 8:50, 10:00, 11:10, 11:45	
Youth Y3	6-13 years	Saturday	9:25, 11:10, 11:45, 12:20, 12:55, 1:30	
		Sunday	8:15, 8:50, 9:25, 10:00, 11:10	
Youth Y4	6-13 years	Saturday	8:15, 8:50, 9:25, 10:00, 10:35, 11:45, 12:55	
		Sunday	9:25, 10:00, 10:35, 11:10, 11:45	
Youth Y5-6	6-13 years	Saturday	8:50, 10:35, 11:10, 12:20, 12:55	
		Sunday	8:15, 8:50, 10:35, 11:45	
Adult Beginner	14+ years	Saturday	8:15, 11:45	
		Sunday	10:00, 11:10	
Adult Advanced	14+ years	Saturday	9:25	
		Sunday	8:50	
Private Lesson	Any	Saturday	9:25, 10:00, 11:45, 12:20, 12:55, 1:30	<p>Member: (Saturday) \$306 (Sunday) \$262.29</p> <p>Non-Member: (Saturday) \$421 (Sunday) \$360.86</p>
		Sunday	8:15, 9:25, 10:35, 11:10, 11:45	

For more information contact Parker Schaufus at 978-454-7825 ext. 825 or [pschaufus@lowellymca.org](mailto:pschaufus@lowellymca.org)

Financial assistance is available to all who qualify.

# 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 .
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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.
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## 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.
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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.
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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.
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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.
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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.
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## ADULT STAGES 14+

Beginner	For those who are new to swimming or who are fearful in the water. 14+ years and older.
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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.
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