



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA SWIM LESSONS

Fall 1 Session  
September 12 - October 22, 2022

**SESSIONS - Ratio 1:5:**  
Monday & Wednesday | \$150  
Tuesday & Thursday | \$150  
Saturday | \$80



## MONDAY & WEDNESDAY SESSION OPTIONS

4:00pm	4:30pm	5:00pm	5:30pm
S1 (PSA)	S1 (SA/5-7)	S1 (PSA)	S1 (SA/8-12)
S2 (PSA)	S2 (PSA)	S2 (PSA)	S2 (SA/5-7)
S2 (SA/5-7)	S2 (SA/5-7)	S2 (SA/5-7)	S2 (SA/8-12)
S3 (SA/5-7)	S3 (PSA)	S3 (SA/5-7)	S3 (SA/5-7)
S4/5 (SA/5-12)	S3/4 (SA/8-12)	S4/5 (SA/5-12)	S3/4 (SA/8-12)

Stage 1 (S1): Water Acclimation  
Stage 2 (S2): Water Movement  
Stage 3 (S3): Water Stamina  
Stage 4 (S4): Stroke Introduction  
Stage 5 (S5): Stroke Development

## TUESDAY & THURSDAY SESSION OPTIONS

4:00pm	4:30pm	5:00pm	5:30pm
S1 (PSA)	S1 (SA/5-7)	S1 (PSA)	S1 (SA/8-12)
S2 (PSA)	S2 (PSA)	S2 (PSA)	S2 (SA/5-7)
S2 (SA/5-7)	S2 (SA/5-7)	S2 (SA/5-7)	S2 (SA/8-12)
S3 (SA/5-7)	S3 (PSA)	S3 (SA/5-7)	S3 (SA/5-7)
S4/5 (SA/5-12)	S3/4 (SA/8-12)	S4/5 (SA/5-12)	S3/4 (SA/8-12)

Preschool Age (PSA): 3 - 5 years  
School Age (SA/5-7): 5 - 7 years  
School Age (SA/5-12): 5 - 12 years  
School Age (SA/8-12): 8 - 12 years  
Private Lessons: 3 - 12 years

REGISTER HERE



## SATURDAY SESSION OPTIONS

9:00am	9:30am	10:00am	10:30am	11:00am	11:30am
Private	Private	Private	Private	S1 (PSA)	S2 (PSA)
Private	Private	Private	Private	S2 (SA/5-7)	S1 (SA/5-7)
Private	Private	Private	Private	-	-

Yarrow Family YMCA | 31105 Thousand Oaks Blvd. Westlake Village, CA 91362  
www.sevymca.org/swim-lessons | info@sevymca.org | 818.707.9622

\*Please visit our website to learn more about each stage. Thank you.