



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA SWIM LESSONS

Fall 2 Session
October 31 - December 17, 2022

Group Lessons | \$75

1 Lesson per Week - Ratio 1:5

Can register up to 2 days per week for \$150

Private Lessons | \$225

1 Lesson per Week

SESSION OPTIONS

MONDAY, TUESDAY, WEDNESDAY, OR THURSDAY

| 4:00pm | 4:30pm | 5:00pm | 5:30pm |
|------------------------|------------------------|------------------------|----------------------|
| Stage 1 (3-5yrs) | Stage 1 (3-5yrs) | Stage 1 (3-5yrs) | Private (3-13yrs) |
| Stage 2/3 (3-5yrs) | Stage 2/3 (3-5yrs) | Stage 2/3 (3-5yrs) | Private (3-13yrs) |
| Stage 3 (5-7yrs) | Stage 3 (5-7yrs) | Stage 3 (8-12yrs) | Private (3-13yrs) |
| Stage 4/5 (5-12yrs) | Stage 4/5 (5-12yrs) | Stage 4/5 (5-12yrs) | Private (3-13yrs) |

SATURDAY

| 9:00am | 9:30am | 10:00am | 10:30am | 11:00am | 11:30am |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Stage 1 (3-5yrs) | Private (3-13yrs) |
| Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Stage 2 (5-7yrs) | Private (3-13yrs) |
| Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) |
| Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) | Private (3-13yrs) |



REGISTER HERE



SWIM LESSON LEVELS

- Stage 1: Water Acclimation
- Stage 2: Water Movement
- Stage 3: Water Stamina
- Stage 4: Stroke Introduction
- Stage 5: Stroke Development

Yarrow Family YMCA | 31 105 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.