



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA SWIM LESSONS

Winter Session
January 16 – February 25, 2023

Group Lessons - \$80 Member | \$160 Non-Member

1 Lesson per Week - Ratio 1:5

Can register up to 2 days/week

Private Lessons - \$225 Member | \$450 Non-Member

1 Lesson per Week - Ratio 1:1

Can register up to 2 days/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 (Tue or Thu Only) 3-13yrs
Stage 2/3 3-5yrs	Stage 2/3 3-5yrs	Stage 2/3 3-5yrs	Private (Tue or Thu Only) 3-13yrs
Stage 3 5-7yrs	Stage 3 5-7yrs	Stage 3 8-12yrs	Private (Tue or Thu Only) 3-13yrs
Stage 4/5 5-12yrs	Stage 4/5 5-12yrs	Stage 4/5 5-12yrs	Private (Tue or Thu Only) 3-13yrs

SATURDAY

9:00am	9:30am	10:00am	10:30am
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	Private 3-13yrs	Stage A/B (Parent*/Child) 6mos - 3yrs	Stage A/B (Parent*/Child) 6mos - 3yrs



SWIM LESSON LEVELS

- Stage A: Water Discovery
- Stage B: Water Exploration
- Stage 1: Water Acclimation
- Stage 2: Water Movement
- Stage 3: Water Stamina
- Stage 4: Stroke Introduction
- Stage 5: Stroke Development

REGISTER HERE



*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

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

For more information about each stage, please visit our website!