



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY YMCA SWIM LESSONS



Spring 1 Session  
March 6 - April 22, 2023

**Group Lessons**  
**\$80 Member | \$160 Non-Member**  
1 Lesson per Week - Ratio 1:5

**Private Lessons**  
**\$225 Member | \$450 Non-Member**  
1 Lesson per Week - Ratio 1:1

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## SESSION OPTIONS

TUESDAY, WEDNESDAY, OR THURSDAY

4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm
Stage 1 3-5yrs	Stage 2/3 3-5yrs	Stage 1 3-5yrs	Stage 2/3 3-5yrs	Private Youth/Adult	Private Youth/Adult
Stage 3 5-7yrs	Stage 4/5 5-12yrs	Stage 3 8-12yrs	Stage 4/5 5-12yrs	Private Youth/Adult	Private Youth/Adult

## SATURDAY SESSION OPTIONS

9:00am	9:30am	10:00am	10:30am	11:00am
Stage 1 3-5yrs	Stage 2/3 3-5yrs	Stage 1 3-5yrs	Stage 2/3 3-5yrs	Private Youth/Adult
Stage 3 5-7yrs	Stage 4/5 5-12yrs	Stage 3 8-12yrs	Stage 4/5 5-12yrs	Private Youth/Adult
Private Youth/Adult	Private Youth/Adult	Stage A/B (Parent*/Child) 6mos - 3yrs	Stage A/B (Parent*/Child) 6mos - 3yrs	Private Youth/Adult

**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

\*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.

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