



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA
SIMI VALLEY YMCA
SWIM LESSONS

Spring 2 Session
May 1 – June 10, 2023



REGISTER HERE



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

SESSION OPTIONS

TUESDAY, WEDNESDAY, OR THURSDAY

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

SATURDAY SESSION OPTIONS

9:00am	9:30am	10:00am	10:30am	11:00am
Stage 3 5-12yrs Lap Pool	Stage 1 3-5yrs Warm Pool	Stage A/B (Parent*/Child) 6mos - 3yrs Warm Pool	Stage A/B (Parent*/Child) 6mos - 3yrs Warm Pool	Private Youth/Adult
Private Youth/Adult	Private Youth/Adult	Stage 4/5 5-12yrs Lap Pool	Stage 4/5 5-12yrs Lap Pool	Private Youth/Adult
Private Youth/Adult	Private Youth/Adult	Private Youth/Adult	Private Youth/Adult	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, step-parents, grandparents, or any other type of parenting relationship.

Simi Valley YMCA | 3200 Cochran St., Simi Valley, CA 93065
www.sevymca.org/swim-lessons | info@sevymca.org | 805.583.5338

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