



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA SWIM LESSONS

## Spring 2 Session May 1 - June 10, 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	6:00pm
Stage 2/3 3-5yrs	Stage 1 3-5yrs	Stage 2/3 3-5yrs	Private (Tue or Thu Only) 3-13yrs	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	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	-
Stage 4 (Tue or Thu Only) 3-5yrs	-	Stage 4 (Tue or Thu Only) 3-5yrs	Stage 6* (Tue or Thu Only) 5-12yrs	-

## SATURDAY

9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm
Private 3-13yrs 5 SPOTS	Private 3-13yrs 5 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 2 SPOTS
-	-	Stage A/B (Parent**/Child) 6mos - 3yrs	-			

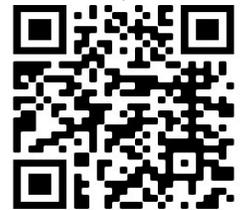
\*\*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



## 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
- Stage 6: Stroke Mechanics

REGISTER HERE



\*Must be able to swim  
25yds freestyle,  
backstroke, and  
breaststroke

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!