



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	Stage A/B (Parent**/Child) 6mos – 3yrs	Stage A/B (Parent**/Child) 6mos – 3yrs	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!