



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY YMCA SWIM LESSONS

**Fall 1 Session**  
**Sep 11 – Oct 21, 2023**

**MEMBERS REGISTER  
STARTING AUG 28TH!**

**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**

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

\*\*4PM CLASSES NOT OFFERED ON WEDNESDAYS

## SATURDAY SESSION OPTIONS

9:00am	9:30am	10:00am	10:30am	11:00am
Stage 2/3 3-5yrs Warm 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!

