



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA
YARROW FAMILY YMCA

YOUTH SWIM LESSONS

Fall 2 Session
Oct 30 – Dec 16, 2023

No Lessons 11/20/23 – 11/25/23

Group Lessons

\$80 Member | \$160 Non-Member

1 Lesson per Week – Max Ratio 1:5

Private Lessons

\$225 Member | \$450 Non-Member

SESSION OPTIONS

MONDAY, TUESDAY 🎃, WEDNESDAY, OR THURSDAY

4:00pm	4:30pm	5:00pm	5:30pm	6:00pm
Stage 2 3-5yrs	Stage 1 3-5yrs	Stage 2 3-5yrs	Private (Tue or Thu Only) 3-13yrs	Private (Tue or Thu Only) 3-13yrs
Stage 3/4 3-5yrs	Stage 1/2 5-7yrs	Stage 3/4 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	-
Stage 4/5 5-12yrs	Stage 4/5 5-12yrs	Stage 4/5 5-12yrs	Stage 6* (Tue or Thu Only) 5-12yrs	*Must be able to swim 25yds freestyle, back- stroke, and breaststroke

SATURDAY

9:00am	9:30am	10:00am	10:30am	11:00am	11:30am
Private 3-13yrs 5 SPOTS	Private 3-13yrs 5 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 3 SPOTS	Private 3-13yrs 4 SPOTS
-	-	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, step-parents, grand-



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

MEMBERS REGISTER
STARTING OCT 16TH!



Tuesday 🎃 lessons
will start a week later
due to Halloween
11/7/23 – 12/19/23

No Lessons
11/20 – 11/25

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!