



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA
SIMI VALLEY FAMILY YMCA

YOUTH SWIM LESSONS



Spring 2 Session
Apr 29 – Jun 10, 2024

MEMBER REGISTRATION
OPENS APRIL 15TH!

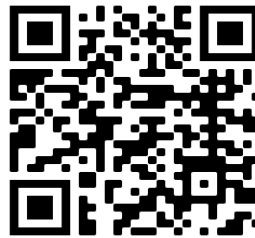
No Lessons Mon 5/27/24
Rescheduled to Mon 6/10/24

Group Lessons
\$80 Member | \$160 Non-Member

1 Lesson per Week – Max Ratio 1:5
Swimmer may register for multiple days

Private Lessons
\$225 Member | \$450 Non-Member

1 Lesson per Week – Ratio 1:1



SESSION OPTIONS

MONDAY, TUESDAY, WEDNESDAY, OR THURSDAY

^Safety Around Water is a free program designed for children new to swim lessons. For more info please visit our website.

4:00pm	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm
SAW^ 5-13yrs Lap 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
SAW^ 5-13yrs Lap Pool	Stage 1/2 5-12yrs Warm Pool	Stage 3 5-12yrs Warm Pool	Stage 4 5-12yrs Lap Pool	Stage 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 A/B (Parent*/Child) 6mos - 3yrs Warm Pool	Stage 1 3-5yrs Warm Pool	Stage 2/3 3-5yrs Warm Pool	Stage 4 5-12yrs Lap Pool	Stage 5 5-12yrs Lap Pool
Private Youth/Adult	Private Youth/Adult	Private Youth/Adult	Private Youth/Adult	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, stepparents, grandparents, or any other type of parenting relationship.

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

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