



SOUTHEAST VENTURA COUNTY YMCA  
**YARROW FAMILY YMCA**  
**ADULT & TEEN**  
**SWIM LESSONS**

Spring 1 Session  
 March 3 – April 12, 2025



**Group Lessons**

- \$84 Member
- \$168 Non-Member

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

**Private Lessons**

- \$240 Member
- \$480 Non-Member

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

SCAN HERE TO REGISTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30pm – 5:55pm <b>TEEN SWIM BASICS</b> CASSIDY   WARM POOL	5:30pm – 5:55pm <b>FLOAT AND CONQUER</b> CARL   WARM POOL	5:30pm – 5:55pm <b>PRIVATE LESSONS</b> CASSIDY   WARM POOL	5:30pm – 5:55pm <b>PRIVATE LESSONS</b> CARL   WARM POOL
6:00pm – 6:25pm <b>ADULT SWIM BASICS</b> CASSIDY   LAP POOL	6:00pm – 6:25pm <b>ADULT SWIM BASICS</b> CARL   LAP POOL	6:00pm – 6:25pm <b>PRIVATE LESSONS</b> CASSIDY   LAP POOL	6:00pm – 6:25pm <b>PRIVATE LESSONS</b> CARL   LAP POOL
6:30pm – 6:55pm <b>FREESTYLE AND BEYOND</b> CASSIDY   LAP POOL	6:30pm – 6:55pm <b>FREESTYLE AND BEYOND</b> CARL   LAP POOL	6:30pm – 6:55pm <b>PRIVATE LESSONS</b> CASSIDY   LAP POOL	6:30pm – 6:55pm <b>PRIVATE LESSONS</b> CARL   LAP POOL
<p><b>TEEN SWIM BASICS</b></p> <p>This class is designed for teens who are new to swimming or looking to build confidence in the water! Teens will learn essential water safety skills, proper breathing techniques, and the fundamentals of freestyle. Our goal is to have every swimmer achieve basic swimming competency by learning two benchmark skills:</p> <p><b>Swim, Float, Swim Jump, Push, Turn, Grab</b></p>	<p><b>FLOAT AND CONQUER</b></p> <p>This warm water class is tailored for those who seek to conquer their fear of water and gain confidence in a nurturing and supportive environment. Participants will gradually acclimate to the water environment, focusing on building trust in themselves and the water. This class will cover fundamental skills such as breath control, buoyancy and relaxation techniques to facilitate submersion.</p>	<p><b>ADULT SWIM BASICS</b></p> <p>In this class, swimmers 18+ will develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration and learning how to swim to safety and exit if they fall into a body of water. Our goal is to have swimmer achieve basic swimming competency by learning two benchmark skills:</p> <p><b>Swim, Float, Swim Jump, Push, Turn, Grab</b></p>	<p><b>FREESTYLE AND BEYOND</b></p> <p>If you have already mastered the fundamentals of swimming, then this is the class for you! Swimmers 13+ will learn additional water safety skills and build on stroke technique in our lap pool! We will focus on establishing proper freestyle technique and introducing backstroke, breaststroke, Sidestroke and butterfly! Sharpen your swim skills to foster a lifetime of physical activity.</p>

**YARROW FAMILY YMCA**  
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