



SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA ADULT & TEEN SWIM LESSONS

Summer Session

June 16 – August 9, 2025

No class week of June 30th – July 5th



Group Lessons

- **\$98 Member**
- **\$196 Non-Member**

1 Lesson per Week – Max Ratio 1:5

Swimmer may register for multiple days

Private Lessons

- **\$280 Member**
- **\$495 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 TEEN SWIM BASICS CASSIDY WARM POOL	5:30pm – 5:55pm FLOAT AND CONQUER CARL WARM POOL	5:30pm – 5:55pm PRIVATE LESSONS CASSIDY WARM POOL	5:30pm – 5:55pm PRIVATE LESSONS CARL WARM POOL
6:00pm – 6:25pm ADULT SWIM BASICS CASSIDY LAP POOL	6:00pm – 6:25pm ADULT SWIM BASICS CARL LAP POOL	6:00pm – 6:25pm PRIVATE LESSONS CASSIDY LAP POOL	6:00pm – 6:25pm PRIVATE LESSONS CARL LAP POOL
6:30pm – 6:55pm FREESTYLE AND BEYOND CASSIDY LAP POOL	6:30pm – 6:55pm FREESTYLE AND BEYOND CARL LAP POOL	6:30pm – 6:55pm PRIVATE LESSONS CASSIDY LAP POOL	6:30pm – 6:55pm PRIVATE LESSONS CARL LAP POOL
TEEN SWIM BASICS 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: Swim, Float, Swim Jump, Push, Turn, Grab	FLOAT AND CONQUER 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.	ADULT SWIM BASICS 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: Swim, Float, Swim Jump, Push, Turn, Grab	FREESTYLE AND BEYOND If you've 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.

YARROW FAMILY YMCA

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For more information please email us at yarrowaquatics@sevymca.org