



YARROW FAMILY YMCA

ADULT & TEEN SWIM LESSONS

Fall 2 Session: October 13 – November 23, 2025 **No class 10/31**

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 – Max Ratio 1:1
Swimmer may register for multiple days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30pm – 5:55pm TEEN SWIM BASICS CASSIDY LAP POOL	5:30pm – 5:55pm TEEN SWIM BASICS CARISSA LAP POOL	5:30pm – 5:55pm PRIVATE LESSONS CASSIDY LAP POOL	-
6:00pm – 6:25pm ADULT SWIM BASICS CASSIDY LAP POOL	6:00pm – 6:25pm ADULT SWIM BASICS CARISSA LAP POOL	6:00pm – 6:25pm PRIVATE LESSONS CASSIDY LAP POOL	6:00pm – 6:25pm PRIVATE LESSONS CAI LAP POOL
6:30pm – 6:55pm FREESTYLE AND BEYOND CASSIDY LAP POOL	6:30pm – 6:55pm FREESTYLE AND BEYOND CARISSA LAP POOL	6:30pm – 6:55pm PRIVATE LESSONS CASSIDY LAP POOL	6:30pm – 6:55pm PRIVATE LESSONS CAI 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.

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 water exploration and learning how to swim to safety and exit if they fall into a body of water. Our goal is to have swimmers achieve basic swimming competency by learning two benchmark skills.

FREESTYLE AND BEYOND

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.

PRIVATE LESSONS

Group lessons are not for everyone. Work one-on-one with a swim instructor to meet your swimming goals. Designed for 1:1 instruction
Class length: 25 minutes

TWO BENCHMARK SKILLS

- **Swim, Float, Swim**
- **Jump, Push, Turn, Grab**

SCAN HERE TO REGISTER



YARROW FAMILY YMCA

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