



# SIMI VALLEY FAMILY YMCA ADULT & TEEN SWIM LESSONS

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

## GROUP LESSONS

- **\$126 Member**
- **\$252 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 – Max Ratio 1:1  
Swimmer may register for multiple days



TUESDAY	FRIDAY	SATURDAY	SUNDAY
5:30pm – 6:15pm <b>FREESTYLE AND BEYOND – ADULT</b> LAP POOL	4:45pm – 5:30pm <b>TEEN SWIM BASICS</b> LAP POOL	12:00pm – 12:45am <b>ADULT SWIM BASICS</b> LAP POOL	
6:15pm – 7:00pm <b>ADULT SWIM BASICS</b> 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



**SIMI VALLEY FAMILY YMCA**  
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