

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Kristen Lawrence
Email: klawrence@nnyymca.org
Phone: 315.755.2132

For more information on programs,
memberships, services, and to
register: watertownymca.org

REQUIRED EQUIPMENT
Swim suit & towel
Swim cap or hair
pulled back if long
Goggles (no nose piece)
for Level 4 and up

Check out these other great
YMCA programs:

- Private Swim Lessons
- Life Guard Certification
- Group Ex Classes
- Aqua Cycle



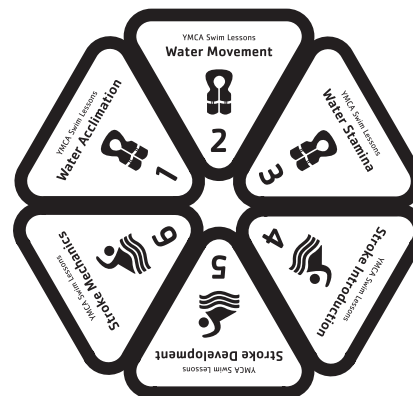
GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



DOWNTOWN YMCA SWIM LESSONS SUMMER SESSION 1 6 MOS – ADULT

**REGISTRATION OPENS:
MEMBERS:**

JUNE 16, 2025

NON-MEMBERS:

JUNE 18, 2025



WATERTOWNYMCA.ORG

WHAT YOU NEED TO KNOW

Ages: 6 Months – Adult

Location: Downtown Aquatic Center

Start Date: July 8, 2025

End Date: July 24, 2025

Program Fees:

30-Minute Class Levels 1-3

Member: \$43.00 per session

Non-member: \$64.00 per session

Military: \$60.00 per session

45-Minute Class

Levels 4 / Swim Team Prep

Member: \$48.00 per session

Non-member: \$68.00 per session

Military: \$65.00 per session

Parent & Tot A 6 Months – 3 Years

Member: \$8.00 per session

Non-member: \$64.00 per session

Military: \$60.00 per session

Parent & Tot B 2 – 5 Years

Member: \$43.00 per session

Non-member: \$64.00 per session

Military: \$60.00 per session

SUMMER SESSION 1 ASSESSMENTS:

June 10th 4:30 – 6:00 PM

June 12th 3:30 – 4:30 PM

June 21st 11:00 AM – 12:00 PM

Assessment Registration Opens May 12th

SUMMER SESSION 1

Parent & Tot A • Water Discovery

Prerequisite: Minimum 6 months of age. **Goal:** To introduce infants and toddlers to basic water safety while building a relationship through fun and interactive instruction and games. Parent and child will learn together under the guidance of an instructor. A minimum of one parent per child is required in the pool.

Parent & Tot B • Water Exploration

Prerequisite: Minimum 2 years of age with the ability to be in water with a parent nearby. **Goal:** To encourage children to move purposefully in the water while emphasizing basic water safety. This level is perfect for a child who is comfortable in the water but still needs a parent close by. The class is led by an instructor with the aid of parents.

Level 1 • Water Acclimation

Prerequisite: Minimum 4 years of age with the ability to be in the water without a parent. **Goal:** To increase comfort in the water while developing basic skills to propel and glide with instructor assistance. Skills include front/back floats, monkey crawls, and submersion, with the use of a backpack and noodle. Parents must remain on the pool deck.

Level 2 • Water Movement

Prerequisite: Swimmer must be comfortable in the water without assistance from a flotation device. **Goal:** To encourage independent forward and backward motion while developing skills to propel and glide without instructor assistance. Parents must remain on the pool deck.

Level 3 • Water Stamina

Prerequisite: Able to perform unassisted front/back glides and floats, and able to submerge. **Goal:** To promote independent motion in the water while integrating arm and leg action with rhythmic breathing. Parents must remain on the pool deck.

Level 4 • Stroke Introduction

Prerequisite: Able to submerge, tread water, and perform unassisted front and back glides. **Goal:** To develop front and back crawl techniques and introduce components of breaststroke and butterfly.

Swim Team Prep

Prerequisite: Must be able to swim 25 yards using a front stroke without assistance and tread water for 30 seconds. **Goal:** These lessons, conducted in the lap pool and grouped by skill level, are led by our experienced Y Blue Sharks coaches. They are designed as off-season, pre-team competitive swim sessions, focusing on enhancing

Tuesday / Thursday 3-WEEK SESSIONS, 2 DAYS A WEEK

Parent & Tot A	3:00–3:30 PM	Activity Pool
Levels 1, 2, 3	3:35 – 4:05 PM	Activity Pool
Levels 1, 2, 3	4:10 – 4:40 PM	Activity Pool
Levels 1 & 2	4:45 – 5:15 PM	Activity Pool
Parent & Tot A	5:20 – 5:50 PM	Activity Pool
Levels 3	5:20 – 5:50 PM	Lap Pool
Levels 1, 2, 3	6:00 – 6:30 PM	Activity Pool
Levels 4	6:00 – 6:45 PM	Lap Pool – 2 Lanes
Swim Team Prep	6:00 – 6:45 PM	Lap Pool – 4 Lanes
Parent & Tot B	6:35–7:05 PM	Activity Pool

