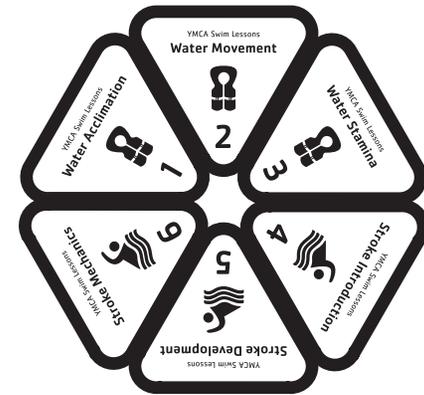


DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

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



DOWNTOWN YMCA SWIM LESSONS SESSION 1 6 MOS - ADULT SEPTEMBER-NOVEMBER '25

**REGISTRATION OPENS:
MEMBERS:**

AUGUST 20TH, 6AM

NON-MEMBERS:

AUGUST 22ND, 6AM



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

GATEWAY FINANCIAL SCHOLARSHIP

To ensure all youth and families have access to programs and services, **Watertown Family YMCA**, supported by **Northern New York Community Foundation**, **United States Army Child & Youth Services** and **United Way of Northern New York**, offers financial assistance to those who are unable to afford membership or program fees.

Assistance is determined based on each applicant's income and expenses.

Applications are available at the YMCA Welcome Center or online. Watertown Family YMCA is committed to protecting the privacy of all applicants and safeguarding their personal information.

Check out these other great
YMCA programs:

- Private Swim Lessons
- Adult Art
- Masters Swimming
- Aqua Cycle



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK

WATERTOWNYMCA.ORG

WHAT YOU NEED TO KNOW

Ages: 6 Months – Adult

Location: Downtown Aquatic Center

Start Date: September 9, 2025

End Date: November 1, 2025

Program Fees:

30-Minute Class Levels 1-3

Member: \$59.00 per session

Non-member: \$89.00 per session

Military: \$84.00 per session

45-Minute Class Levels 4-6

Member: \$66.00 per session

Non-member: \$95.00 per session

Military: \$90.00 per session

Parent & Tot A 6 Months – 3 Years

Member: \$13.00 per session

Non-member: \$89.00 per session

Military: \$84.00 per session

Parent & Tot B 2 – 5 Years

Member: \$59.00 per session

Non-member: \$89.00 per session

Military: \$84.00 per session

FALL SESSION 1 ASSESSMENTS:

August 15th 3:30 – 4:30 PM

August 23rd 9:00 – 10:30 AM

Assessment Registration Opens:

August 1st

SWIM LESSONS 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.

Level 5/6

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 are grouped by skill level to enhance techniques, stroke mechanics, diving skills, and more.

8-WEEK SESSIONS, 1 DAY A WEEK

Tuesday

Parent & Tot A 3:30 – 4:00 PM

Levels 1 & 2 4:05 – 4:35 PM

Levels 1 & 3 4:40 – 5:10 PM

Level 1,2,3 5:15 – 5:45 PM

Thursday

Parent & Tot A 3:30 – 4:00 PM

Levels 1 & 2 4:05 – 4:35 PM

Levels 1 & 3 4:40 – 5:10 PM

Level 1,2,3 5:15 – 5:45 PM

Saturday

Adult 8:00 – 8:30 AM

Parent & Tot B
Level 3 Lap

Levels 1, 2, 3 8:35 – 9:05 AM

Parent & Tot A 9:10 – 9:40 AM

Level 4, 5/6 9:25 – 10:10 AM

Level 1 9:45 – 10:15 AM

Levels 2 & 3 10:20 – 10:50 AM

