

**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Kristen Lawrence  
Email: [klawrence@nnyymca.org](mailto:klawrence@nnyymca.org)  
Phone: 315.755.2132

For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



## REQUIRED EQUIPMENT

Swim Suit & Towel

Swim Cap (or long hair  
pulled back)

Goggles for Level 4 and Up  
(no nose piece)

Check out these other great  
YMCA programs:

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



## 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.

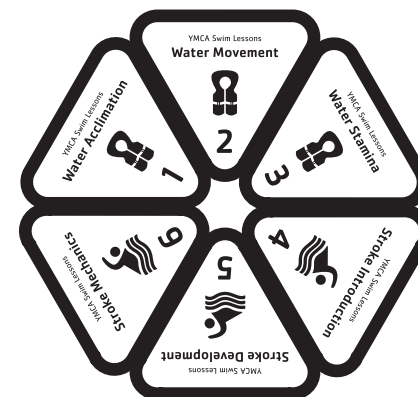


Northern New York  
Community Foundation



# DOWNTOWN YMCA SWIM LESSONS SESSION 3

6 MOS - ADULT  
FEBRUARY - APRIL 2026



**REGISTRATION OPENS:  
MEMBERS:**

**JANUARY 19TH AT 9AM**

**NON-MEMBERS:**

**JANUARY 21ST AT 9AM**



[WATERTOWNYMCA.ORG](http://WATERTOWNYMCA.ORG)

## WHAT YOU NEED TO KNOW

**Ages: 6 Months – Adult**

**Location: Downtown Aquatic Center**

**Start Date: February 2, 2026**

**End Date: April 4, 2026**

**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 3Lap & 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**

## SESSION 3 ASSESSMENTS:

**January 8th 6:00 – 7:00 PM**

**January 13th 4:30 – 5:30 PM**

**January 17th 10:20 – 11:00 AM**

## ASSESSMENT REGISTRATION OPENS:

**Monday, December 22nd**

## SWIM LESSONS SESSION 3

### **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. Parents and children 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 the 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 assistance 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 using a backpack and noodle. Parents must remain on the pool deck.

### **Level 2 • Water Movement**

**Prerequisite:** Swimmer must be comfortable in the water without the assistance of 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 and 3Lap • Water Stamina**

**Prerequisite:** Able to perform unassisted front/back glides and floats, and able to submerge. **3LAP Level Prerequisite:** You must be able to swim front crawl 25 yards, tread for 1 minute and finish with 25 yard front crawl swim. **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:** You must be able to swim front crawl 25 yards, tread for 1 minute and finish with 25 yard front crawl swim. **Goal:** To develop front and back crawl techniques and introduce components of breaststroke and butterfly.

### **Level 5/6**

**Prerequisite:** You must be able to swim front crawl 25 yards, tread for 1 minute and finish with 25 yard front crawl swim. **Goal:** Lessons in the lap pool are grouped by skill level to enhance techniques, stroke mechanics, diving skills, and more.

## 8-WEEKS, 1 DAY A WEEK

### **Tuesday**

**Parent & Tot A 4:05 – 4:35 PM**

**Levels 1 & 2 4:40 – 5:10 PM**

**Levels 3Lap & 4 4:40 – 5:25 PM**

**Levels 1, 2, & 3 5:15 – 5:45 PM**

### **Thursday**

**Parent & Tot A 10:30 – 11:00 AM**

**Levels 1, 2, & 3 4:05 – 4:35 PM**

**Parent & Tot B 4:40 – 5:10 PM**

**Levels 1, 2, & 3 5:15 – 5:45 PM**

### **Saturday**

**Adult 8:00 – 8:30 AM**

**Parent & Tot B**

**Levels 3Lap & Levels 4 & 5/6 8:00 – 8:45 AM**

**Levels 1, 2, & 3 8:35 – 9:05 AM**

**Parent & Tot A 9:10 – 9:40 AM**

**Levels 1 & 2 9:45 – 10:15 AM**

**Levels 1, 2, & 3 10:20 – 10:50 AM**

**Parent & Tot A 10:55 – 11:25 AM**

**PLEASE NOTE: No lessons the week of February 16th – 22nd.**

