

# JANUARY SWIM LESSONS

Every day children learn the basics of swimming at the Y or enhance their existing skills with our swim lesson program that turns beginners into experts! The DEVOS BLUM FAMILY YMCA ensures that all lessons have a low instructor-to-student ratio that will make sure your child gets plenty of personal attention.

<b>PARENT/CHILD</b> (6mo—2 yrs)	<b>Stages</b>	<b>Mon &amp; Wed</b>	<b>Tues &amp; Thurs</b>	<b>Saturday</b>
	A /B Water Discovery/ Water Exploration	Wednesday Only 11:00am Jan.5-Feb. 23	6:15-6:45	9:30-10:00am 10:00-10:30am 11:00-11:30am
<b>PRESCHOOL</b> (3-5 years)	<b>Stages</b>	<b>Mon &amp; Wed</b>	<b>Tues &amp; Thurs</b>	<b>Saturday</b>
	1 and 2 WATER ACCLIMATION & WATER MOVEMENT	4:00-4:30pm 4:30-5:00pm 5:00-5:30pm 6:00-6:30pm 6:30-7:00pm	4:00-4:30pm 4:30-5:00pm 5:30-6:00pm 6:00-6:30pm 6:30-7:00pm	9:00-9:30am 9:30-10:00am 10:00-10:30am 10:30-11:00am
	3 and 4 WATER STAMI- NA & STROKE INTRODUC- TION	5:30-6:00pm	5:00-5:30pm	11:00-11:30
<b>YOUTH AGE</b> (6-12 years)	<b>Stages</b>	<b>Mon &amp; Wed</b>	<b>Tues &amp; Thurs</b>	<b>Saturday</b>
	1 and 2 WATER ACCLIMATION & WATER MOVEMENT	4:00-4:40pm 4:45-5:25pm 6:15-6:55pm	4:00-4:40pm 5:30-6:10pm	9:00-9:40am 9:45-10:10am 10:15-10:55pm
	3/WATER STAMINA 4/STROKE INTRODUC- TION	4:45-5:25pm 5:30-6:10pm 6:15-6:55pm	4:00-4:40pm 4:45-5:25pm	11:30-12:10
	5/STROKE DEVELOPMENT 6/STROKE MECHANICS	4:00-4:40pm 5:30-6:10pm	4:45-5:25pm 5:30-6:10pm 6:15-6:55pm	11:00-11:45am
<b>ADULT CLASSES</b> (13 and up)	<b>Stages</b>	<b>Mon &amp; Wed</b>	<b>Tues &amp; Thurs</b>	<b>Saturday</b>
	ADULT CLASSES			11:45am-12:25pm 12:10-12:55pm

## Stage Descriptions

SEE THE FRONT DESK OR VISIT  
YMCASPBC.ORG/SWIMLEVELS

## Upcoming Session Dates-

Mon/Wed: Jan. 5-26                      7 classes \$60/\$140  
Tue/Thurs: Jan 6-27                      7 classes \$60/\$140  
Saturday: Jan. 8- Feb. 22                8 classes \$68/\$159