



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# WINTER SWIM LESSON SCHEDULE

**PARENT & CHILD STAGES | 30 MINUTES | Session Price: \$ 146**

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>A. WATER DISCOVERY</b> 6 – 18 MONTHS	9:30 am	9:30 am	9:30 am	9:30 am	9:30 am	9:00 am	9:00 am
<b>B. WATER EXPLORATION</b> 19 – 36 MONTHS	10:00 am	10:00 am	10:00 am	10:00 am	10:00 am	10:00 am	10:00 am

**PRESCHOOL STAGES | 30 MINUTES | Session Price: \$146**

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1. WATER ACCLIMATION</b> 3 – 5 YEARS	9:30a 10:00a 10:30a 11:00a 4:00p 5:00p	9:30a 10:00a 10:30a 11:00a 4:00p 5:00p	9:30a 10:00a 10:30a 11:00a 4:00p 5:00p	9:30a 10:00a 10:30a 11:00a 4:00p 5:00p	9:30a 10:00a 10:30a 11:00a 4:00p 5:00p	9:00 am 9:30 am 10:30 am	9:00 am 9:30 am 10:30 am
<b>2. WATER MOVEMENT</b> 3 – 5 YEARS	9:30a 10:00a 10:30a 11:00a 4:00 pm 4:30 pm	9:30a 10:00a 10:30a 11:00a 4:00 pm 4:30 pm	9:30a 10:00a 10:30a 11:00a 4:00 pm 4:30 pm	9:30a 10:00a 10:30a 11:00a 4:00 pm 4:30 pm	9:30a 10:00a 10:30a 11:00a 4:00 pm	9:00 am 9:30 am 10:00 am 10:30 am	9:00 am 9:30 am 10:00 am 10:30 am
<b>3. WATER STAMINA</b> 3 – 5 YEARS		4:30 pm		4:30 pm	4:30 pm	9:30 am	10:00 am
<b>4. STROKE INTRODUCTION</b> 3 – 5 YEARS	4:30 pm		4:30 pm			10:00 am	9:30 am

**YOUTH STAGES | 45 OR 60 MINUTES | Session Price: \$ 165 for 45 MINUTES; \$185 for 60 MINUTES**

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1. WATER ACCLIMATION</b> 6 – 12 YEARS 45 MINUTES	5:45 pm		5:45 pm		4:30 pm	9:30 am	9:30 am
<b>2. WATER MOVEMENT</b> 6 – 12 YEARS 45 MINUTES							
<b>3. WATER STAMINA</b> 6 – 10 YEARS 45 MINUTES	5:00 pm		5:00 pm		5:00 pm	8:45 am 10:30 am	8:45 am 10:30 am
<b>4. STROKE INTRODUCTION</b> 6 – 12 YEARS 45 MINUTES		5:00 pm		5:00 pm		10:15 am	10:15 am
<b>5. STROKE DEVELOPMENT</b> 6 – 12 YEARS 60 MINUTES		5:45 pm		5:45 pm		11:00 am	11:00 am
<b>6. STROKE MECHANICS</b> 6 YEARS & UP 60 MINUTES		5:45 pm		5:45 pm		11:00 am	11:00 am

## THE COMMUNITY YMCA

Camp Zehnder

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**Here for all.**

Financial assistance is offered  
based on availability of funds.