



STRONG SWIMMERS CONFIDENT KIDS

Location: Worthington Area YMCA / City of Worthington Indoor Aquatic Center

Fee: Member \$34 per session/ Non-Member \$64 per session

Registration for swim lessons open April 14th

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months - 3 years
Parent/ Child Class



3 years - 5 years
Preschool Age Classes
Preschool 1 & 2



5+ years old
School Age Classes
Stages 1 - 6

WHICH STAGE IS THE STUDENT READY FOR?

Is the student comfortable working with an instructor without a parent in the water? Respond to verbal cues and jump on land?

NOT YET

PARENT / CHILD

Will the student go underwater voluntarily?

NOT YET

PRESCHOOL 1 & STAGE

Can the student do a front and back float on their own?

NOT YET

PRESCHOOL 2 & STAGE 2

Can the student swim 15 yards on their front and back?

NOT YET

STAGE 3

Can the student swim 15 yards of front crawl and back crawl?

NOT YET

STAGE 4

Can the student swim front crawl, back crawl, and breaststroke for 25 yards?

NOT YET

STAGE 5

Can the student swim front crawl, back crawl, and breaststroke for 50 yards?

NOT YET

STAGE 6

JUNE GROUP SWIM LESSONS

June Morning (Monday - Thursday)

Summer Session 1: June 2nd - 12th

9:00 - 9:30 AM	Preschool 1	Stage 1
9:00 - 9:40 AM	Stage 4	
9:35 - 10:05 AM	Preschool 2	Stage 2
9:45 - 10:25 AM	Stage 5	
10:10 - 10:40 AM	Preschool 1	Stage 3
10:30 - 11:10 AM	Stage 6	
10:45 - 11:15 AM	Preschool 2	Stage 1

June Morning (Monday - Thursday)

Summer Session 3: June 16th - 26th

9:00 - 9:30 AM	Preschool 2	Stage 3
9:00 - 9:40 AM	Stage 4	
9:35 - 10:05 AM	Preschool 1	Stage 1
9:45 - 10:25 AM	Stage 5	Stage 6
10:10 - 10:40 AM	Preschool 2	Stage 2

June Evening (Monday - Thursday)

Summer Session 2: June 2nd - 12th

7:15 - 7:45 PM	Preschool 1	Preschool 2	Stage 2
7:50 - 8:20 PM	Stage 1	Stage 3	
7:50 - 8:30 PM	Stage 4		

June Evening (Monday - Thursday)

Summer Session 4: June 16th - 26th

7:15 - 7:45 PM	Preschool 1	Parent/ Child	Stage 3
7:50 - 8:20 PM	Stage 1	Stage 2	
7:50 - 8:30 PM	Stage 5	Stage 6	

JULY GROUP SWIM LESSONS

July Morning (Monday - Thursday)

Summer Session 5: July 7th - 17th

9:00 - 9:30 AM	Preschool 1	Stage 2
9:00 - 9:40 AM	Stage 6	
9:35 - 10:05 AM	Parent/ Child	Stage 1
9:45 - 10:25 AM	Stage 4	
10:10 - 10:40 AM	Preschool 2	Stage 2
10:30 - 11:10 AM	Stage 5	
10:45 - 11:15 AM	Stage 1	Stage 3

July Morning (Monday - Thursday)

Summer Session 7: July 21st - July 31st

9:00 - 9:30 AM	Stage 3	Stage 1
9:00 - 9:40 AM	Stage 5	
9:35 - 10:05 AM	Preschool 2	Stage 3
9:45 - 10:25 AM	Stage 6	
10:10 - 10:40 AM	Preschool 1	Stage 2
10:30 - 11:10 AM	Stage 4	
10:45 - 11:15 AM	Preschool 2	Stage 1

July Evening (Monday - Thursday)

Summer Session 6: July 7th - 17th

7:15 - 7:45 PM	Preschool 1	Preschool 2	Stage 2
7:50 - 8:20 PM	Stage 1	Stage 3	
7:50 - 8:30 PM	Stage 4		

July Evening (Monday - Thursday)

Summer Session 8: July 21st - July 31st

7:15 - 7:45 PM	Parent/ Child	Preschool 2	Stage 3
7:50 - 8:20 PM	Stage 1	Stage 2	
7:50 - 8:30 PM	Stage 5	Stage 6	

AUGUST GROUP SWIM LESSONS

August Morning (Monday - Thursday)

Summer Session 9: August 4th - 14th

9:00 - 9:30 AM	Preschool 1	Stage 1
9:00 - 9:40 AM	Stage 4	
9:35 - 10:05 AM	Preschool 2	Stage 2
9:45 - 10:25 AM	Stage 5	
10:10 - 10:40 AM	Preschool 1	Stage 3
10:30 - 11:10 AM	Stage 6	
10:45 - 11:15 AM	Preschool 2	Stage 1

August Evening (Monday - Thursday)

Summer Session 10: August 4th - 14th

7:15 - 7:45 PM	Preschool 1	Preschool 2	Stage 2
7:50 - 8:20 PM	Stage 1	Stage 3	
7:50 - 8:30 PM	Stage 4		

August Evening (Monday - Thursday)

Summer Session 11: August 18th - 28th

7:15 - 7:45 PM	Parent/ Child	Preschool 2	Stage 3
7:50 - 8:20 PM	Stage 1	Stage 2	
7:50 - 8:30 PM	Stage 5	Stage 6	

SWIM CAMP

Ages 6 - 10: Member \$60 / Non-Member \$95
Ages 11 - 18: Member \$90 / Non-Member \$125

Join our Swim Camp and take your skills to the next level! Designed for experienced swimmers, this camp focuses on refining technique, improving endurance, and introducing competitive swim training. Participants must have at least Stage 5 swimming proficiency.

Mondays & Thursdays

July 8th - July 31st

Ages 6 - 10: 5:00 pm - 5:45 pm
Ages 11 - 18: 5:45 pm - 6:45 pm

Scan QR Code to Register or
visit our website:

1. visit www.worthingtonareaymca.org
2. Select "Register" on the top menu
3. Select "Swim Lessons"

SCAN ME!



Questions? Contact Me!

Erin Jans

p: 507-376-6197 ext 226

e: erin.jans@ymcaworthington.org