



STRONG SWIMMERS CONFIDENT KIDS

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

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

WINTER 2026 GROUP SWIM LESSONS

January Mondays & Thursday Evenings

Winter Session 1: January 5 - 29

4:15 - 4:55 PM	Stage 5	Stage 6
5:00 - 5:30 PM	Stage 2	Stage 4
5:35 - 6:05 PM	Stage 1	Preschool 2/3
6:10 - 6:50 PM	Stage 3	Preschool 1/2

February Monday & Thursday Evenings

Winter Session 2: February 2 - 26

4:25 - 4:55 PM		Preschool 1/2
5:00 - 5:30 PM	Stage 4	Preschool 2/3
5:35 - 6:05 PM	Stage 2	Parent/ Child
6:10 - 6:40 PM	Stage 3	Stage 1

March Monday & Thursday Evening

Winter Session 3: March 2 - 26

4:15 - 4:55 PM	Stage 5	Stage 6
5:00 - 5:30 PM	Preschool 2/3	Stage 4
5:35 - 6:05 PM	Stage 3	Stage 1
6:10 - 6:50 PM	Stage 2	Preschool 1/2

Have Questions? I Can Help!

Erin Jans, Aquatics Director

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SWIM STAGES

PARENT & CHILD

A

Water
Discovery



Student not yet able to respond to verbal cues and jump on land.

B

Water
Exploration



Student not yet comfortable working with an instructor without a parent in the water.

PRESCHOOL

1

Water
Acclimation



Student not yet able to go underwater voluntarily.

2

Water
Movement



Student not yet able to do a front and back float on his or her own.

3

Water
Stamina



Student not yet able to swim 10-15 yards on his or her front and back.

4

Stroke
Introduction



Student not yet able to swim 15 yards of front and back crawl.

5

Stroke
Development



Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

6

Stroke
Mechanics



Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

SWIM STARTERS

Swim readiness skills

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

Private Lessons

Private lessons are for children and adults, 3 years of age and older. Lessons are subject to availability of instructors.

Member: \$80

Non-Member: \$135

These lessons are designed to give participants individualized attention in order to improve or master their swimming skills. Each session includes 5, 30 minute lessons.

Semi - Private Lessons

Semi-private lessons are for children and adults, 3 years of age and older, where two or three participants share the same time slot with one instructor. Lessons are subject to availability of instructors.

Member: \$60

Non-Member: \$115

Semi-private lessons are available for 2 or 3 participants. These lessons are great for families with children in the same stage. Each session includes 5, 30 minute lessons.

Scan QR Code to fill out
questionnaire form



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form online](#)