



STRONG SWIMMERS CONFIDENT KIDS

Registration
opens March
31

SWIM STAGES

PARENT & CHILD

PRESCHOOL

YOUTH

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.

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

GROUP SWIM LESSONS

Location: Worthington Area YMCA | City of Worthington Indoor Aquatic Center
Fee: Member: \$42 per session | Non-Member \$64 per session

JUNE

Summer Session 1: June 1 - 11
M-Th

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



What age group does my swimmer fall into?



6 months - 3 years
Parent/ Child Class



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



5+ years old
School Age Classes
Stages 1 - 6

Summer Session 2: June 1 - 24
M/W

5:00 - 5:30 PM	Parent/Child
5:00 - 5:40 PM	Stage 4
5:35 - 6:05 PM	Stage 1
5:45 - 6:25 PM	Stage 5
6:10 - 6:40 PM	Preschool 1
6:30 - 7:00 PM	Stage 3

Summer Session 3: June 2 - 25
T/Th

4:00 - 4:30 PM	Preschool 2
4:00 - 4:40 PM	Stage 6
4:35 - 5:05 PM	Preschool 3
4:45 - 5:15 PM	Stage 3
5:10 - 5:40 PM	Stage 1
5:20 - 5:50 PM	Stage 2

Summer Session 4: June 15 - 25
M-Th

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

JULY

Summer Session 5: July 6 – 16 M-Th

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

Summer Session 6: July 6 – 29 M/W

5:00 - 5:30 PM	Preschool 2
5:00 - 5:40 PM	Stage 6
5:35 - 6:05 PM	Preschool 3
5:45 - 6:15 PM	Stage 3
6:10 - 6:40 PM	Stage 1
6:20 - 6:50 PM	Stage 2

Summer Session 7: July 7- July 30 T/Th

4:00 - 4:30 PM	Parent/Child
4:00 - 4:40 PM	Stage 5
4:35 - 5:05 PM	Preschool 1
4:45 - 5:15 PM	Stage 3
5:10 - 5:40 PM	Preschool 3
5:20 - 5:50 PM	Stage 2

Summer Session 8: July 20- July 30 M-Th

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

AUGUST

Summer Session 9: August 3 – 13 M-Th

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

Summer Session 10: August 3 – 13 M-Th

5:00 - 5:30 PM	Stage 3	Preschool 2
5:35 - 6:05 PM	Stage 2	Preschool 3
6:10 - 6:40 PM	Stage 1	
6:10 - 6:50 PM	Stage 4	

PRIVATE & SEMI-PRIVATE SWIM LESSONS AVAILABLE!

We currently have instructors available and are filling lessons first come, first served based on availability.



Scan for
Private
Lesson
Interest
Form

Complete the Private Lesson Interest Form to join the waitlist.

Private (1:1) Ratio
Members: \$80 | Non-Members: \$135
Semi-Private (1:2 - 1:3) Ratio
Members: \$60 | Non-Members: \$115

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 & Wednesdays

July 6 – July 29

Ages 6 - 10: 3:00 pm - 3:45 pm
Ages 11 - 18: 3:45 pm - 5:00 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!

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