



SWIM LESSONS SCHEDULE

SEP 2021 – MAY 2022

The YMCA of South Florida believes swimming is a life skill. Given our reach and long history with aquatic programs, we are in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in South Florida.



WE ARE DEDICATED TO TEACHING SWIM LESSONS IN OUR COMMUNITY AND HERE'S WHY:

- Formal swimming lessons reduce the likelihood of childhood drowning by 88%
- 64% of African American, 45% of Hispanic/Latino and 40% of Caucasian children have little to no swimming ability
- For every child who loses their life from drowning, another five receive emergency department care for nonfatal submersion injuries
- **DROWNING IS PREVENTABLE!**

Swimming is a life skill as well as great exercise and a challenging sport. Ys offer swim lessons (for all ages), family swim, competitive swimming, water exercise, and adaptive swim programs for kids with special needs. All YMCA swimming lessons and activities are taught by caring and compassionate professionals who focus on our participants' needs. Our instructors and lifeguards are trained and certified in required areas.

We look forward to helping you enhance your family's water safety education and swimming skills to better enjoy the pleasures of all the aquatic environments South Florida has to offer.



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Parent & Child (6MO – 36 MO)

Class Size 1:8 | Time : 30 Minutes

Preschool (3-5 Years)

Class Size 1:4 | Time : 30 Minutes

CATEGORY	MON / WED	TUES / THURS	SATURDAY
SWIM STARTERS (Parent & Child)	10:30 AM – 11:00 AM 5:30 PM – 6:00 PM	9:00 AM – 9:30 AM 5:30 PM – 6:00 PM	10:00 AM – 10:30 AM
SWIM BASICS (Preschool)	Stage 1 9:00 AM – 9:30 AM 4:00 PM – 4:30 PM 5:30 PM – 6:00 PM Stage 2 4:00 PM – 4:30 PM 6:15 PM – 6:45 PM Stage 3 9:45 AM – 10:15 AM 4:45 PM – 5:15 PM 6:15 PM – 6:45 PM Stage 4 4:45 PM – 5:15 PM	Stage 1 9:45 AM – 10:15 AM 4:45 PM – 5:15 PM 6:15 PM – 6:45 PM Stage 2 4:00 PM – 4:30 PM 5:30 PM – 6:00 PM Stage 3 10:30 AM – 11:00 AM 4:00 PM – 4:30 PM 6:15 PM – 6:45 PM Stage 4 4:45 PM – 5:15 PM	Stage 1/2 9:00 AM – 9:30 AM Stage 1/2 10:45 AM – 11:15 AM Stage 2/3 9:15 AM – 9:45 AM Stage 2/3 11:30 AM – 12:00 PM

Youth (6-12 Years) Teen & Adult (13+)

Class Size 1:6 | Time : 45 Minutes

CATEGORY	MON / WED	TUES / THURS	SATURDAY
SWIM BASICS (Youth)	Stage 1/2 4:00 PM – 4:45 PM Stage 3 4:55 PM – 5:40 PM	Stage 1/2 4:00 PM – 4:45 PM Stage 3 5:50 PM – 6:35 PM	Stage 1/2 9:45 AM – 10:30 AM Stage 3/4 10:45 AM – 11:30 AM Stage 3/4 12:15 PM – 1:00 PM
SWIM STROKES (Youth)	Stage 4 5:50 PM – 6:35 PM Stage 5 6:45 PM – 7:30 PM Stage 6 7:00 PM – 7:45 PM	Stage 4 4:55 PM – 5:40 PM Stage 5 7:00 PM – 7:45 PM Stage 6 6:45 PM – 7:30 PM	Stage 5 11:45 AM – 12:30 PM Stage 6 11:45 AM – 12:30 PM
TEEN & ADULT	Swim Basic 7:00 PM – 7:45 PM	Swim Strokes 7:00 PM – 7:45 PM	Swim Basic 8:15 AM – 9:00 AM



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Y-SWIM CLINIC TUESDAY & THURSDAY

AGE GROUP	TUESDAY & THURSDAY
7 – 9 YEARS	See branch schedule – Times may vary
10 – 12 YEARS	
13 – 17 YEARS	

AQUATIC PROGRAM REMINDERS

- Please arrive 5 – 10 minutes before your lesson is scheduled to begin.
- To limit interruptions during lessons please use the restroom, apply sunscreen, etc., before class begins.
- The first 5 minutes of each lesson will be used for attendance, review and safety discussion.
- Make sure your child is swim ready – appropriate swimsuit, swim diaper if the child is not potty-trained.
- While parents are encouraged to watch the swim lessons, we ask all parents to stay at least fifteen feet away from the teaching area or remain in the designated viewing area. Keeping a distance from the lesson area removes additional distractions.
- Water playtime before the lesson begins is discouraged and may even be unavailable depending on the facility hours.
- Do not leave your children unattended at the pool. Parents are required to stay on the pool deck for the entire lesson.
- **Drop off is prohibited for children under the age of 13.**
- It is important for parents to remember that children will progress at different levels and the skills learned in class require additional practice. Please visit our website for at home activities to help further develop your child’s progression.
- Some children who are new to swim lessons may show anxiety or fear. It is important to know that this is common and that our instructors are experienced and empathetic. Please assist us by allowing our instructors to work through this with your child. It is vital that you continue to attend lessons so that your child can progress and become safer around water.

SIGN UP FOR SWIM LESSONS TODAY!

Scan the QR code or visit us: ymcasouthflorida.org/aquatics

