



GENEVA FAMILY YMCA

SWIM LESSON SELECTOR

What age group does your child fall into?

Ages for swim levels are a general reference point

Parent & Child

Accompanied by a parent/guardian, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn how to be safe around water safety. 6 months - 3 years

Water Readiness

Students learn personal water safety and achieve basic swimming competency, increase social-emotional and cognitive wellbeing. Students entering this level should be able to independently hold onto the wall as instructors rotate through working with other students. Ages 3-6 years

Beginner Youth

Students learn to be comfortable in the water and develop skills through fun and confidence-building experiences. Students entering this level should be able to tread water and move their arms and legs simultaneously while swimming. Ages 5-8

Intermediate

Students learn additional water safety skills and build stroke technique, developing skills, increase social and cognitive wellbeing. Students will work on coordinated movements while swimming as they move beyond the fundamentals of floats/treading water. Ages 6-12

Advanced

Mastered the fundamentals and have begun stroke development, students learn additional water safety skills and build stroke technique. Students will continue to build on their technique and learn other competitive strokes. Ages 7 - 12

Teen/Adult

For teens to adults who may be novice swimmers, want to improve and hone their skills.

Private Swim Lessons

Private instruction for swimmers of all levels. Learn specific skills geared towards individual needs.

SWIM SCHEDULE

Parent & Child: Tuesdays or Thursdays 5:00PM - 5:30PM

Water Readiness: Tuesdays or Thursdays 5:30PM - 6:00PM

Beginner Youth: Tuesdays or Thursdays 6:00PM - 6:30PM

Intermediate: Tuesdays 6:30PM - 7:00PM

Advanced: Thursdays 6:30PM - 7:00PM

Teen/Adult: Thursdays 7:00PM-7:30PM