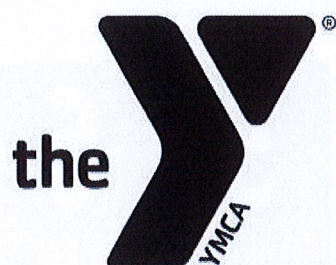


MAKE A SPLASH WITH CONFIDENCE!



GROUP SWIM LESSONS



Session 7

December 2nd - February 5th

Tuesdays & Thursdays

***Classes are based on skill
level. Please see guide on
page 2.***

**For more information please
call 315-789-1616**

Members \$70

Non Member \$110

**We understand that group lessons
are not for everyone. For those who
prefer one-on-one time with a YMCA
instructor, we offer private lessons.**

Geneva Family YMCA

Tuesdays

5:00PM - 5:30PM	Water Discovery A
5:00PM - 5:30PM	School Age Level 5
5:30PM - 6:00PM	Preschool Level 1
5:30PM - 6:00PM	Preschool Level 3
6:00PM - 6:30PM	Preschool Level 2
6:00PM - 6:30PM	School Age Level 1
6:30PM - 7:00PM	School Age Level 2
6:30PM - 7:00PM	School Age Level 3

Thursdays

5:00PM - 5:30PM	Water Discovery B
5:00PM - 5:30PM	School Age Level 6
5:30PM - 6:00PM	Preschool Level 1
5:30PM - 6:00PM	Preschool Level 2
6:00PM - 6:30PM	Preschool Level 4
6:00PM - 6:30PM	Preschool Level 3
6:30PM - 7:00PM	School Age Level 2
6:30PM - 7:00PM	School Age Level 4

SCHOOL AGE, TEEN & ADULT

PARENT & CHILD

PRESCHOOL

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.
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SWIM STARTERS

Swim readiness skills

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle