



2025
SESSION 4

ROSE E. SCHNEIDER FAMILY YMCA
SWIM LESSONS & AQUATICS
PROGRAM GUIDE

MAY 12TH – JUNE 22ND

REG: MEMBER APR 28TH | NON-MEMBER APR 30TH

PRESCHOOL GROUP SWIM LESSONS

SESSION 4 REGISTRATION:
MEMBERS APR 28TH | NON-MEMBER APR 30TH
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM

PARENT/CHILD SWIM LESSONS

MAY 17TH – JUNE 14TH
SATURDAY | 11:15AM-11:45AM
MEMBER: \$50 | NON-MEMBER: \$75



PARENT/CHILD SWIM LESSONS

FEBRUARY 22ND – MARCH 22ND
SATURDAY | 11:50AM-12:20PM
MEMBER: \$50 | NON-MEMBER: \$75

AGES
6MO-3

Join this class for a parent-child swim lesson experience! This is a 5-week, 30-minute program that is for parents and their 6-month to 3-year-old children. Enjoy a time to bond while teaching your child an important life skill at an early age.



PRESCHOOL – LEVEL 1 SWIM LESSONS

MAY 12TH – JUNE 4TH
MONDAY & WEDNESDAY | 4:45PM-5:15PM
MEMBER: \$80 | NON-MEMBER: \$125



PRESCHOOL – LEVEL 1 SWIM LESSONS

MAY 13TH – JUNE 5TH
TUESDAY & THURSDAY | 4:45PM-5:15PM
MEMBER: \$80 | NON-MEMBER: \$125

AGES
3-5

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



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PRESCHOOL – LEVEL 1 & 2 SWIM LESSONS

MAY 13TH – JUNE 10TH

TUESDAY | 12:40PM-1:10PM

MEMBER: \$75 | NON-MEMBER: \$125



PRESCHOOL – LEVEL 1 & 2 SWIM LESSONS

MAY 13TH – JUNE 10TH

TUESDAY | 1:15PM-1:45PM

MEMBER: \$75 | NON-MEMBER: \$125

PRESCHOOL – LEVEL 1 & 2 SWIM LESSONS

MAY 13TH – JUNE 10TH

TUESDAY | 1:50PM-2:20PM

MEMBER: \$75 | NON-MEMBER: \$125



**AGES
3-5**

A swim lesson class designed to meet the needs of mixed swimming abilities. This is a three-week course that is available for ages 3 to 5 years old.



PRESCHOOL – LEVEL 2 SWIM LESSONS

MAY 12TH – JUNE 4TH

MONDAY & WEDNESDAY | 5:25PM-5:55PM

MEMBER: \$80 | NON-MEMBER: \$125



PRESCHOOL – LEVEL 2 SWIM LESSONS

MAY 13TH – JUNE 5TH

TUESDAY & THURSDAY | 5:25PM-5:55PM

MEMBER: \$80 | NON-MEMBER: \$125

**AGES
3-5**

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

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PRESCHOOL - LEVEL 3 SWIM LESSONS

MAY 12TH - JUNE 4TH

MONDAY & WEDNESDAY | 6:05PM-6:35PM

MEMBER: \$80 | NON-MEMBER: \$125



PRESCHOOL - LEVEL 3 SWIM LESSONS

MAY 13TH - JUNE 5TH

TUESDAY & THURSDAY | 6:05PM-6:35PM

MEMBER: \$80 | NON-MEMBER: \$125

**AGES
3-5**

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SCHOOL AGE GROUP SWIM LESSONS

SESSION 4 REGISTRATION:
MEMBERS APR 28TH | NON-MEMBER APR 30TH
REGISTRATION CLOSING 1 WK PRIOR TO PROGRAM



SCHOOL AGE - LEVEL 1 SWIM LESSONS

MAY 12TH - JUNE 4TH

MONDAY & WEDNESDAY | 4:45PM-5:15PM

MEMBER: \$80 | NON-MEMBER: \$125

SCHOOL AGE - LEVEL 1 SWIM LESSONS

MAY 12TH - JUNE 4TH

TUESDAY & THURSDAY | 4:45PM-5:15PM

MEMBER: \$80 | NON-MEMBER: \$125



**AGES
6-17**

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



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SESSION 4 REGISTRATION:
MEMBERS APR 28TH | NON-MEMBER APR 30TH | CLOSES 1 WK PRIOR



SCHOOL AGE – LEVEL 2 SWIM LESSONS

MAY 12TH – JUNE 4TH

MONDAY & WEDNESDAY | 5:25PM-5:55PM

MEMBER: \$80 | NON-MEMBER: \$125

SCHOOL AGE – LEVEL 2 SWIM LESSONS

MAY 13TH – JUNE 5TH

TUESDAY & THURSDAY | 5:25PM-5:55PM

MEMBER: \$80 | NON-MEMBER: \$125



**AGES
6-17**

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



SCHOOL AGE – LEVEL 3 SWIM LESSONS

MAY 12TH – JUNE 4TH

MONDAY & WEDNESDAY | 6:05PM-6:35PM

MEMBER: \$80 | NON-MEMBER: \$125

SCHOOL AGE – LEVEL 3 SWIM LESSONS

MAY 13TH – JUNE 5TH

TUESDAY & THURSDAY | 6:05PM-6:35PM

MEMBER: \$80 | NON-MEMBER: \$125



**AGES
6-17**

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



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SCHOOL AGE - LEVEL 4 SWIM LESSONS

MAY 13TH - JUNE 5TH

TUESDAY & THURSDAY | 4:40PM-5:20PM

MEMBER: \$80 | NON-MEMBER: \$125

SCHOOL AGE - LEVEL 4 SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 10:20AM-11:00AM

MEMBER: \$80 | NON-MEMBER: \$125



AGES
6-17

Students in stage 4 develop stroke techniques in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



SCHOOL AGE - LEVEL 5 SWIM LESSONS

MAY 15TH - JUNE 12TH

THURSDAY | 5:30PM-6:10PM

MEMBER: \$80 | NON-MEMBER: \$125

SCHOOL AGE - LEVEL 5/6 SWIM LESSONS

MAY 12TH - JUNE 11TH

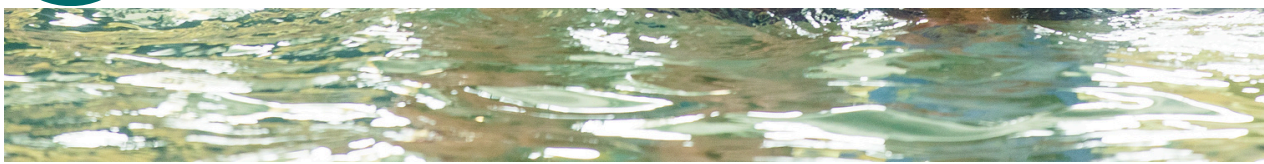
MONDAY & WEDNESDAY | 5:40PM-6:20PM

MEMBER: \$80 | NON-MEMBER: \$125



AGES
6-17

Students work on and refine stroke techniques on all major competitive strokes. Students will learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.



SCHOOL AGE - LEVEL 6 SWIM LESSONS

MAY 15TH - JUNE 12TH

THURSDAY | 6:15PM-6:55PM

MEMBER: \$80 | NON-MEMBER: \$125

AGES
6-17

Students work on and refine stroke techniques on all major competitive strokes. Students will learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

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ADAPTIVE SWIM LESSONS

SESSION 4 REGISTRATION:
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REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM

ADAPTIVE SWIM LESSONS

MAY 15TH - JUNE 12TH

THURSDAY | 6:30PM-7:00PM

MEMBER: \$75 | NON-MEMBER: \$125



AGES
6-17

This program creates a multi-sensory experience through aquatic intervention while focusing on improving social skills in children aged 5-12 with autism spectrum disorder. This will be measured through your perceptions of these skills as the parents and caregivers completing the designated surveys associated with this program.

ADULT GROUP SWIM LESSONS



ADULT SWIM LESSONS - BEGINNER

MAY 15TH - JUNE 12TH

THURSDAY | 4:40PM-5:20PM

MEMBER: \$75 | NON-MEMBER: \$125

ADULT SWIM LESSON - INTERMEDIATE/ADVANCED

MAY 15TH - JUNE 12TH

THURSDAY | 5:30PM-6:10PM

MEMBER: \$75 | NON-MEMBER: \$125



AGES
6-17

Learn the basic aquatic skills. Designed for the adult beginner wanting to learn self-rescue skills as well as gain confidence in their own abilities.

HOMESCHOOL SWIM LESSONS



HOMESCHOOL SWIM

MAY 14TH - JUNE 11TH

WEDNESDAY | 11:00AM-12:00PM

MEMBER: \$80 | NON-MEMBER: \$125

AGES
6-17

This program is designed to be a fun and energetic P.E. program. Children ages 6-17 will be able to participate in structured activities in our pools to include swim instruction, water safety, water sports, water exercise, games, and free play.

SWIM TEAM PREP

SWIM TEAM PREP

MAY 12TH - JUNE 18TH

MONDAY & WEDNESDAY | 4:50PM-5:30PM

MEMBER: \$80 | NON-MEMBER: \$125



AGES
6-17

Students work on and refine stroke techniques on all major competitive strokes. Students will learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

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PRIVATE SWIM LESSONS

SESSION 4 REGISTRATION:
MEMBERS APR 28TH | NON-MEMBER APR 30TH
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM

AGES
3-5

SESSION-LONG PRIVATE SWIM LESSONS

MAY 12TH - JUNE 9TH

MONDAY | 4:00PM-4:30PM

MEMBER: \$125 | NON-MEMBER: \$175



AGES
3-5



SESSION-LONG PRIVATE SWIM LESSONS

MAY 13TH - JUNE 10TH

TUESDAY | 9:00AM-9:30AM

MEMBER: \$125 | NON-MEMBER: \$175

AGES
3-5

SESSION-LONG PRIVATE SWIM LESSONS

MAY 13TH - JUNE 10TH

TUESDAY | 10:30AM-11:00AM

MEMBER: \$125 | NON-MEMBER: \$175



AGES
3-5



SESSION-LONG PRIVATE SWIM LESSONS

MAY 13TH - JUNE 10TH

TUESDAY | 5:30PM-6:00PM

MEMBER: \$125 | NON-MEMBER: \$175

AGES
3-5

SESSION-LONG PRIVATE SWIM LESSONS

MAY 13TH - JUNE 10TH

TUESDAY | 6:00PM-6:30PM

MEMBER: \$125 | NON-MEMBER: \$175



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AGES
3-5



SESSION-LONG PRIVATE SWIM LESSONS
MAY 14TH - JUNE 11TH
WEDNESDAY | 10:00AM-10:30AM
MEMBER: \$125 | NON-MEMBER: \$175

AGES
3-5

SESSION-LONG PRIVATE SWIM LESSONS
MAY 14TH - JUNE 11TH
WEDNESDAY | 10:30AM-11:00AM
MEMBER: \$125 | NON-MEMBER: \$175



ANY
AGES



SESSION-LONG PRIVATE SWIM LESSONS
MAY 14TH - JUNE 11TH
WEDNESDAY | 12:00PM-12:30PM
MEMBER: \$125 | NON-MEMBER: \$175

ANY
AGES

SESSION-LONG PRIVATE SWIM LESSONS
MAY 14TH - JUNE 11TH
WEDNESDAY | 12:30PM-1:00PM
MEMBER: \$125 | NON-MEMBER: \$175



ANY
AGES



SESSION-LONG PRIVATE SWIM LESSONS
MAY 14TH - JUNE 11TH
WEDNESDAY | 1:00PM-1:30PM
MEMBER: \$125 | NON-MEMBER: \$175

ANY
AGES

SESSION-LONG PRIVATE SWIM LESSONS
MAY 14TH - JUNE 11TH
WEDNESDAY | 1:30PM-2:00PM
MEMBER: \$125 | NON-MEMBER: \$175



ANY
AGES



SESSION-LONG PRIVATE SWIM LESSONS
MAY 14TH - JUNE 11TH
WEDNESDAY | 4:00PM-4:30PM
MEMBER: \$125 | NON-MEMBER: \$175

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SESSION 4 REGISTRATION:
MEMBERS APR 28TH | NON-MEMBER APR 30TH | CLOSES 1 WK PRIOR

ANY
AGES



SESSION-LONG PRIVATE SWIM LESSONS

MAY 14TH - JUNE 11TH

THURSDAY | 4:00PM-4:30PM

MEMBER: \$125 | NON-MEMBER: \$175



ANY
AGES

SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 11:00AM-11:30AM

MEMBER: \$125 | NON-MEMBER: \$175



ANY
AGES



SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 11:30AM-12:00PM

MEMBER: \$125 | NON-MEMBER: \$175

ANY
AGES

SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 12:00PM-12:30PM

MEMBER: \$125 | NON-MEMBER: \$175



ANY
AGES



SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 12:30PM-1:00PM

MEMBER: \$125 | NON-MEMBER: \$175

ANY
AGES

SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 1:00PM-1:30PM

MEMBER: \$125 | NON-MEMBER: \$175



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SESSION 4 REGISTRATION:
MEMBERS APR 28TH | NON-MEMBER APR 30TH | CLOSES 1 WK PRIOR

ANY
AGES



SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 1:30PM-2:00PM

MEMBER: \$125 | NON-MEMBER: \$175

ANY
AGES

SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 2:00PM-2:30PM

MEMBER: \$125 | NON-MEMBER: \$175



ANY
AGES



SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 2:30PM-3:00PM

MEMBER: \$125 | NON-MEMBER: \$175

ANY
AGES

SESSION-LONG PRIVATE SWIM LESSONS

MAY 17TH - JUNE 14TH

SATURDAY | 3:00PM-3:30PM

MEMBER: \$125 | NON-MEMBER: \$175



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CERTIFICATION CLASSES

MAY | JUNE | JULY

OPEN TO
COMMUNITY

AMERICAN RED CROSS CPR/AED & FIRST AID CERTIFICATION

WEDNESDAY, MAY 28TH
5:00PM-9:00PM
COST: \$90



OPEN TO
COMMUNITY



AMERICAN RED CROSS CPR/AED & FIRST AID CERTIFICATION

SATURDAY, JUNE 7TH
8:00AM-12:00PM
COST: \$90

AGES
15+

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

MAY 14TH - MAY 18TH
TIMES VARY PER DAY
MEMBER: \$100 | NON-MEMBER: \$125



OPEN TO
COMMUNITY



AMERICAN RED CROSS LIFEGUARD CERTIFICATION

JULY 9TH - JULY 13TH
TIMES VARY PER DAY
MEMBER: \$250 | NON-MEMBER: \$275

AGES
15+

AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION

SATURDAY, MAY 17TH
8:00AM-4:00PM
COST: \$75



OPEN TO
COMMUNITY



AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION

SATURDAY, JULY 12TH
8:00AM-4:00PM
COST: \$75

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