

INFANT SWIM LESSONS 30 MIN.

KVYMCA Members: \$75
Program Members: \$110
Non-Members: \$160

PARENT + CHILD (6 Months to 3 Years)

Introduces infants and toddlers to the aquatic environment, exploring body positions, blowing bubbles, and fundamental safety. Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatics skills. One or both parents must swim with each child.

Tuesdays: 11:00am-11:30am
Wednesdays: 4:45pm-5:15pm
Thursdays: 9:15am-9:45am
Saturdays: 8:10am-8:40am
Saturdays: 9:40am-10:10am
Saturdays: 10:40am-11:10am



PRESCHOOL LESSONS 30 MIN.

KVYMCA Members: \$85
Program Members: \$120
Non-Member \$170

PRESCHOOL 1 (3- 5 Years)

Increases underwater exploration and introduces basic self-rescue skills. Must be comfortable without parent.

Tuesdays: 11:30am-12:00pm
Tuesdays: 2:45pm- 3:15pm
Tuesdays: 3:45pm- 4:15pm
Wednesdays: 3:00pm- 3:30pm
Thursdays: 9:45am-10:15am
Fridays: 3:00pm- 3:30pm
Saturdays: 8:40am-9:10am
Saturdays: 9:10am-9:40am



PRESCHOOL 2 (3- 5 Years)

Encourages forward movement in water and basic self-rescue skills. Must be able to go underwater voluntarily.

Tuesdays: 12:00pm-12:30pm
Tuesdays: 3:15pm- 3:45pm
Wednesdays: 3:30pm- 4:00pm
Thursdays: 10:15am-10:45am
Fridays: 3:30pm- 4:00pm
Saturdays: 10:10am-10:40am

YOUTH SWIM LESSONS 45 MIN.

KVYMCA Members: \$95
Program Members: \$130
Non-Members: \$180

SWIM BASICS YOUTH 1-2 (6-12Years)

Students learn water safety and achieve basic swimming competency by learning benchmark skills. These lessons are in the Family pool.

Mondays: 4:30pm-5:15pm
Wednesdays: 4:00-4:45pm
Thursdays: 3:15pm- 4:00pm
Saturdays: 8:15am- 9:00am
Saturdays: 9:45am-10:30am

STROKE TECHNIQUE YOUTH 3-4 (6-12Years)

Introduces basic stroke technique in all strokes and reinforces water safety. These lessons are in the Family pool.

Mondays: 5:15pm-6:00pm
Wednesdays: 4:00pm-4:45pm
Thursdays: 4:00pm- 4:45pm
Saturdays: 9:00am-9:45am



STINGRAYS POTENTIALS YOUTH 5-6 (6-15 Years)

Refined drill techniques in all strokes and reinforces efficiency. Introducing the lap pool when possible and further developing advanced swim techniques. Must be able to swim 25 yards without equipment and face in the water.

Wednesdays: 5:15pm-6:00pm
Saturdays: 10:40am-11:25am

Program Membership is \$60 annually
Not available after Jan 1st, 2025.