



## 2024 Group Swim Lessons

**Session 1 starts January 20th**

**Session 2 starts March 16th**

Registration for each session closes  
one week prior to the start date

Each session consists of 7, 30 minute  
lessons

### Saturday Mornings

Swim starters (6 mos - 3 years): 9:00a - 9:30a

Preschool Levels 1 & 2 (3-5 years): 9:40a - 10:10a

School Age Level 1 & 2 (6-12 years): 10:20a - 10:50a

School Age Level 3 & 4 (6-12 years): 11:00a - 11:30a

reschool Levels 1 & 2 (3-5 years): 11:40a - 12:10p

\*Space per session is limited

Members/\$40 | Non-Members/\$80

**Registration  
is now Open!**

Josh Gravette

Joshgravette@ymcacva.org

434-392-3456

www.southsidevafamilyymca.org





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP SWIM LESSONS

Small-group setting with certified instructors



SCHOOL AGE, TEEN & ADULT

PARENT & CHILD

PRESCHOOL

<p><b>A</b> <b>Water Discovery</b></p> <p>Student not yet able to respond to verbal cues and jump on land.</p>		<p><b>B</b> <b>Water Exploration</b></p> <p>Student not yet comfortable working with an instructor without a parent in the water.</p>		<p><b>1</b> <b>Water Acclimation</b></p> <p>Student not yet able to go underwater voluntarily.</p>		<p><b>2</b> <b>Water Movement</b></p> <p>Student not yet able to do a front and back float on his or her own.</p>		<p><b>3</b> <b>Water Stamina</b></p> <p>Student not yet able to swim 10–15 yards on his or her front and back.</p>		<p><b>4</b> <b>Stroke Introduction</b></p> <p>Student not yet able to swim 15 yards of front and back crawl.</p>		<p><b>5</b> <b>Stroke Development</b></p> <p>Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.</p>		<p><b>6</b> <b>Stroke Mechanics</b></p> <p>Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.</p>	
<p><b>SWIM STARTERS</b> Swim readiness skills</p>				<p><b>SWIM BASICS</b> Recommended skills for all to have around water</p>				<p><b>SWIM STROKES</b> Skills to support a healthy lifestyle</p>							