

Spring I 2024
May 7th-June 6th

SWIMMING FOR ALL!

A/B PARENT CHILD 6 MONTHS- 2 YRS

PRESCHOOL (P) LESSONS AGES 3-5

SCHOOL AGE (S) LESSONS AGES 6-12


Registration
 YMCA members: March 18th
 Community members: March 25th
 at 12pm!

Evening Lessons- Downtown Duluth Branch


	TUESDAY		THURSDAY
4:30-5:00 P.M.	1P Water Acclimation	4:30-5:00 P.M.	1P Water Acclimation
4:30-5:00 P.M.	Adaptive Lessons	4:30-5:10 P.M.	3S Water Stamina
4:30-5:10 P.M.	1S Water Acclimation	5:10-5:40 P.M.	2P Water Movement
5:10-5:40 P.M.	A/B Parent-Child	5:20-6:00 P.M.	2S Water Movement
5:10-5:50 P.M.	3S Water Stamina	5:45-6:15 P.M.	2P Water Movement
5:20-6:00 P.M.	2S Water Movement	6:05-6:35 P.M.	3P Water Stamina
5:45-6:15 P.M.	2P Water Movement	6:20-7:00 P.M.	4S Stroke Introduction
6:00-6:40 P.M.	3S Water Stamina	6:40-7:20 P.M.	5S/6S Blended
6:10-6:40 P.M.	1P Water Acclimation	<p>***All program participants in swim programs receive validated parking at the Holiday Inn ramp next door!</p>	
6:20-7:00 P.M.	2S Water Movement		
6:45-7:25 P.M.	5S/6S Blended		
6:45-7:25 P.M.	4S Stroke Introduction		

PARENT & CHILD

A
Water Discovery



B
Water Exploration




SWIM STARTERS
Swim readiness skills


SCHOOL AGE, TEEN & ADULT

PRESCHOOL


1
Water Acclimation



2
Water Movement




3
Water Stamina




SWIM BASICS
Recommended skills for all to have around water


4
Stroke Introduction



5
Stroke Development



6
Stroke Mechanics



SWIM STROKES
Skills to support a healthy lifestyle

Please contact the Program Director with any questions or concerns about Swim Lessons at 218-722-4745 ext 131 or cfroemke@duluthymca.org