



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING FOR ALL!

A/B PARENT CHILD 6 MONTHS- 2 YRS

PRESCHOOL (P) LESSONS AGES 3-5

SCHOOL AGE (S) LESSONS AGES 6-12

ADULT LESSONS AGES 16-99

Adaptive Lessons

Adaptive swim lessons use techniques that place emphasis on swimming skills to accommodate individual abilities, needs, and goals, regardless of age. Lessons are created for, but not limited to, those with physical, sensory, communication or behavior challenges.

Adult Lessons

If you are over the age of 16 and looking to learn to swim, this class is for you! Learn to better protect yourself and others around the water in this 6-week program, meeting once a week. Students will learn basic in water skills like floats and strokes, as well as water safety.

Please contact Aquatics Director with any questions or concerns at icarroll@duluthymca.org or 218-241-8008 ext. 524

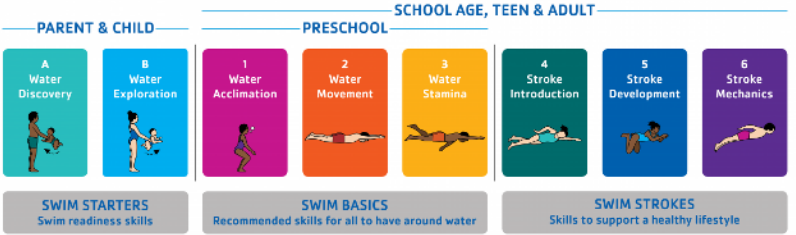
Morning Lessons- YMCA at the Essentia Wellness Center

TIME	Monday	TIME	Wednesday
9:10- 9:40 A.M.	1P Water Acclimation	9:10-9:40 A.M.	A/B Parent and Child
		9:10-9:50 AM	3S Water Stamina
9:50- 10:20 A.M.	2P Water Movement	9:50-10:20 A.M.	2P Water Movement
		10:00-10:40 AM	4S Stroke Introduction
10:30- 11:00 A.M.	3P Water Stamina	10:30- 11:00 A.M.	1P Water Acclimation
		10:50-11:30 AM	5S Stroke Introduction
TIME	Saturday		
9:30-10:00 A.M.	A/B Parent and Child		
9:30-10:00 A.M.	1P Water Acclimation		
10:10- 10:40 A.M.	2P Water Movement		
10:10- 10:50 A.M.	2S Water Movement		
10:50- 11:20 P.M.	1P Water Acclimation		
11:00- 11:40 P.M.	3S Water Stamina		

PRICES:
Member: \$58.50
Non-member: \$99.50
*Only family memberships qualify for lower prices

SPRING SESSION:
April 8-May 18
Lessons meet once per week for 6 weeks

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



Spring 2024 – Evening Swim Lessons – YMCA at the Essentia Wellness Center

TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY
4:30-5:00 P.M.	A/B Parent-Child	4:30-5:10 P.M.	3S Water Stamina	4:30-5:00 P.M.	A/B Parent-Child	4:30-5:00 P.M.	A/B Parent-Child
4:30-5:00 P.M.	1P Water Acclimation	4:30-5:10 P.M.	2S Water Movement	4:30-5:00 P.M.	1P Water Acclimation	4:30-5:10 P.M.	2S Water Movement
4:30-5:00 P.M.	2P Water Movement	4:30-5:10 P.M.	4S Stroke Introduction	4:30-5:00 P.M.	2P Water Movement	4:30-5:10 P.M.	3S Water Stamina
4:30-5:10 P.M.	3S Water Stamina	5:20-6:00 P.M.	1S Water Acclimation	4:30-5:10 P.M.	2S Water Movement	5:10-5:40 P.M.	3P Water Stamina
5:10-5:40 P.M.	1P Water Acclimation	5:20-6:00 P.M.	2S Water Movement	5:10-5:40 P.M.	2P Water Movement	5:20-6:00 P.M.	1S Water Acclimation
5:10-5:40 P.M.	A/B Parent-Child	5:20-6:00 P.M.	4S Stroke Introduction	5:10-5:40 P.M.	A/B Parent-Child	5:20-6:00 P.M.	5S Stroke Development
5:10-5:50 P.M.	3S Water Stamina	6:00-6:40 P.M.	ADAPTIVE LESSONS	5:10-5:50 P.M.	1S Water Acclimation	5:20-6:00 P.M.	ADULT LESSONS
5:20-6:00 P.M.	2S Water Movement			5:20-6:00 P.M.	3S Water Stamina		
5:45-6:15 P.M.	3P Water Stamina			5:45-6:15 P.M.	1P Water Acclimation	Northland Adaptive Recreation	
5:45-6:15 P.M.	2P Water Movement			5:45-6:15 P.M.	3P Water Stamina	March 21 – April 25 5:30-6:00 P.M.	
5:55-6:35 P.M.	3S Water Stamina			5:55-6:35 P.M.	3S Water Stamina		
6:05-6:45 P.M.	4S Stroke Introduction			6:05-6:45 P.M.	4S Stroke Introduction		
6:20-6:50 P.M.	2P Water Movement	Northern's Swim Team Clinic		6:20-6:50 P.M.	2P Water Movement	Northern's Swim Team Clinic	
6:20-7:00 P.M.	2S Water Movement	6:00-7:00 P.M.		6:20-7:00 P.M.	2S Water Movement	6:00-7:00 P.M.	
6:40-7:20 P.M.	4S Stroke Introduction			6:40-7:20 P.M.	4S Stroke Introduction		
6:50-7:30 P.M.	5S Stroke Development			6:50-7:30 P.M.	5S/6S Blended		