



# Shoreview YMCA Swim Lessons Schedule

Summer 2024 - June 3 - September 8 \*No Classes July 4th

(651) 483-2671

[ymcanorth.org/shoreview](http://ymcanorth.org/shoreview)

## ABOUT Y SWIM LESSONS

The Y strives to help all ages learn how to swim, so they can stay safe around water and learn the skills needed to make swimming a lifelong pursuit for healthy living.

The YMCA is centered on five core values: caring, honesty, respect, responsibility, and equity. Swim Lessons include age-appropriate opportunities to define, model and celebrate these core values. We utilize low instructor to participant ratios, ranging from 1 instructor to 4-6 participants, depending on stage.

Swim Lessons provide important life skills that could save a life, and will benefit you for a lifetime. All YMCA swim instructors are highly trained in our nationally recognized swim lesson curriculum. To ensure safety at all times all of our pools have a certified lifeguard on duty.

YMCA Swim Lessons meet once a week for seven weeks. Lessons are 30 minute long. You don't need to be a member of the Y to take swimming lessons, but members receive a discount on lessons and access to early registration. Participating child must be a Y member to receive member rate and early registration.

Wondering where to start?

## GROUP SWIM LESSONS

In YMCA Group Swim Lessons, a natural progression promotes safe and effective swimming for all ages- from infants learning to love the water to advanced swimmers perfecting their strokes. All age groups are taught the same skills, divided into stages according to developmental milestones.

More information on stage prerequisites can be found on the Lesson Selector, or by visiting [ymcanorth.org/swimming](http://ymcanorth.org/swimming).

### MEMBER RATE

- 8-, 4- and 2-week Swim Lessons \$80
- 1-week (5x/wk) Swim Lessons: \$70

### NON-MEMBER RATE

- 8-, 4- and 2- week Swim Lessons: \$154
- 1-week (5x/wk) Swim Lessons: \$135

## SWIM SAFETY LESSONS

The Y's Swim Safety program focuses on developing water comfort and basic self-rescue skills. Children not yet proficient in swim strokes gain confidence in and around the water. Instructors guide practice in safe water entry and exit, floating, and submersion.

Swim Safety Lessons are offered by age.

### MEMBER RATE

- Swim Lessons: \$50

### NON-MEMBER RATE

- Swim Lessons: \$100

## SPECIALTY CLASSES

Children, teens and adults expand their skills and knowledge with YMCA Aquatics Specialty classes. Program offerings vary by location and may include swim team preparation, Adaptive instruction, leadership and more.

Pricing and class length varies for Specialty Classes. Please visit [www.ymcanorth.org](http://www.ymcanorth.org) for details.

<b>Monday</b>	<b>June 17–August 5</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
4:10 pm to 4:40 pm	Preschool Stages 1–2	89_AQ_2310_10_061724_YXD
4:10 pm to 4:40 pm	School Age Stages 1–2	89_AQ_2312_10_061724_YXD
4:10 pm to 4:40 pm	School Age Stages 3–4	89_AQ_2312_11_061724_YXD
4:45 pm to 5:15 pm	Parent/Child Swim Starters Stages A–B	89_AQ_2282_10_061724_YXD
4:45 pm to 5:15 pm	Preschool Stages 1–2	89_AQ_2310_11_061724_YXD
4:45 pm to 5:15 pm	School Age Stages 4–5	89_AQ_2312_12_061724_YXD
5:20 pm to 5:50 pm	Preschool Stages 2–3	89_AQ_2310_12_061724_YXD
5:20 pm to 5:50 pm	School Age Stages 5–6	89_AQ_2312_15_061724_YXD
5:20 pm to 5:50 pm	School Age Stages 3–4	89_AQ_2312_14_061724_YXD
5:20 pm to 5:50 pm	School Age Stages 1–2	89_AQ_2312_13_061724_YXD
5:55 pm to 6:25 pm	Preschool Stages 1–2	89_AQ_2310_13_061724_YXD
5:55 pm to 6:25 pm	School Age Stages 1–2	89_AQ_2312_16_061724_YXD
5:55 pm to 6:25 pm	School Age Stages 3–4	89_AQ_2312_17_061724_YXD
5:55 pm to 6:25 pm	School Age Stages 5–6	89_AQ_2312_18_061724_YXD
6:30 pm to 7:00 pm	Preschool Stages 1–2	89_AQ_2310_14_061724_YXD
6:30 pm to 7:00 pm	School Age Stages 2–3	89_AQ_2312_19_061724_YXD
6:30 pm to 7:00 pm	School Age Stages 4–5	89_AQ_2312_X0_061724_YXD
6:30 pm to 7:00 pm	Adult Stages 1–3	89_AQ_2314_10_061724_YHL
7:05 pm to 7:35 pm	School Age Stages 1–2	89_AQ_2312_X1_061724_YXD
7:05 pm to 7:35 pm	School Age Stages 3–4	89_AQ_2312_X2_061724_YXD
7:05 pm to 7:35 pm	School Age Stages 5–6	89_AQ_2312_X3_061724_YXD
7:05 pm to 7:35 pm	Adult Stages 4–6	89_AQ_2314_11_061724_YHL
<b>Tuesday</b>	<b>June 18–August 6</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
4:30 pm to 5:00 pm	Preschool Stages 1–2	89_AQ_2310_20_061824_YXD
4:30 pm to 5:00 pm	School Age Stages 2–3	89_AQ_2312_20_061824_YXD
4:30 pm to 5:00 pm	School Age Stage 4	89_AQ_2312_21_061824_YXD
5:05 pm to 5:35 pm	Parent/Child Swim Starters Stages A–B	89_AQ_2282_20_061824_YXD
5:05 pm to 5:35 pm	Preschool Stages 1–2	89_AQ_2310_21_061824_YXD
5:05 pm to 5:35 pm	School Age Stages 5–6	89_AQ_2312_24_061824_YXD
5:05 pm to 5:35 pm	School Age Stages 1–2	89_AQ_2312_22_061824_YXD
5:05 pm to 5:35 pm	School Age Stages 3–4	89_AQ_2312_23_061824_YXD
5:40 pm to 6:10 pm	Parent/Child Swim Starters Stages A–B	89_AQ_2282_21_061824_YXD
5:40 pm to 6:10 pm	Preschool Stages 2–3	89_AQ_2310_22_061824_YXD
5:40 pm to 6:10 pm	School Age Stage 3	89_AQ_2312_26_061824_YXD
5:40 pm to 6:10 pm	School Age Stages 4–5	89_AQ_2312_27_061824_YXD
5:40 pm to 6:10 pm	School Age Stages 1–2	89_AQ_2312_25_061824_YXD
6:15 pm to 6:45 pm	Preschool Stages 1–2	89_AQ_2310_23_061824_YXD
6:15 pm to 6:45 pm	School Age Stages 1–2	89_AQ_2312_28_061824_YXD
6:15 pm to 6:45 pm	School Age Stages 3–4	89_AQ_2312_29_061824_YXD
6:15 pm to 6:45 pm	School Age Stages 5–6	89_AQ_2312_X0_061824_YXD
6:50 pm to 7:20 pm	Preschool Stages 1–2	89_AQ_2310_24_061824_YXD
6:50 pm to 7:20 pm	School Age Stages 2–3	89_AQ_2312_X1_061824_YXD
6:50 pm to 7:20 pm	School Age Stage 4	89_AQ_2312_X2_061824_YXD

<b>Tuesday</b>	<b>June 18–August 6</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
6:50 pm to 7:20 pm	School Age Stages 5-6	89_AQ_2312_X3_061824_YXD
6:50 pm to 7:20 pm	Teen Stages 4-6	89_AQ_2313_20_061824_YHL
7:25 pm to 7:55 pm	School Age Stages 1-2	89_AQ_2312_X4_061824_YXD
7:25 pm to 7:55 pm	School Age Stage 3	89_AQ_2312_X5_061824_YXD
7:25 pm to 7:55 pm	School Age Stages 4-5	89_AQ_2312_X6_061824_YXD
7:25 pm to 7:55 pm	Adult Stages 1-3	89_AQ_2314_20_061824_YHL

<b>Wednesday</b>	<b>June 19–August 7</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
4:10 pm to 4:40 pm	Preschool Stages 1-2	89_AQ_2310_30_061924_YXD
4:10 pm to 4:40 pm	School Age Stages 1-2	89_AQ_2312_30_061924_YXD
4:10 pm to 4:40 pm	School Age Stages 3-4	89_AQ_2312_31_061924_YXD
4:45 pm to 5:15 pm	Parent/Child Swim Starters Stages A-B	89_AQ_2282_30_061924_YXD
4:45 pm to 5:15 pm	Preschool Stages 1-2	89_AQ_2310_31_061924_YXD
4:45 pm to 5:15 pm	School Age Stages 4-5	89_AQ_2312_33_061924_YXD
4:45 pm to 5:15 pm	School Age Stages 2-3	89_AQ_2312_32_061924_YXD
5:20 pm to 5:50 pm	Preschool Stages 2-3	89_AQ_2310_32_061924_YXD
5:20 pm to 5:50 pm	School Age Stages 3-4	89_AQ_2312_35_061924_YXD
5:20 pm to 5:50 pm	School Age Stages 5-6	89_AQ_2312_36_061924_YXD
5:20 pm to 5:50 pm	School Age Stages 1-2	89_AQ_2312_34_061924_YXD
5:55 pm to 6:25 pm	Preschool Stages 1-2	89_AQ_2310_33_061924_YXD
5:55 pm to 6:25 pm	School Age Stages 1-2	89_AQ_2312_37_061924_YXD
5:55 pm to 6:25 pm	School Age Stages 3-4	89_AQ_2312_38_061924_YXD
5:55 pm to 6:25 pm	School Age Stages 5-6	89_AQ_2312_39_061924_YXD
6:30 pm to 7:00 pm	Preschool Stages 1-2	89_AQ_2310_34_061924_YXD
6:30 pm to 7:00 pm	School Age Stages 2-3	89_AQ_2312_X0_061924_YXD
6:30 pm to 7:00 pm	School Age Stages 4-5	89_AQ_2312_X1_061924_YXD
6:30 pm to 7:00 pm	Adult Stages 1-3	89_AQ_2314_30_061924_YHL

<b>Thursday</b>	<b>June 20–August 8</b>	<b>(Once a week for 7 weeks -no class July 4th)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
4:30 pm to 5:00 pm	Preschool Stages 1-2	89_AQ_2310_40_062024_YXD
4:30 pm to 5:00 pm	School Age Stages 2-3	89_AQ_2312_40_062024_YXD
4:30 pm to 5:00 pm	School Age Stages 4-5	89_AQ_2312_41_062024_YXD
5:05 pm to 5:35 pm	Parent/Child Swim Starters Stages A-B	89_AQ_2282_40_062024_YXD
5:05 pm to 5:35 pm	Preschool Stages 1-2	89_AQ_2310_41_062024_YXD
5:05 pm to 5:35 pm	School Age Stages 5-6	89_AQ_2312_44_062024_YXD
5:05 pm to 5:35 pm	School Age Stages 1-2	89_AQ_2312_42_062024_YXD
5:05 pm to 5:35 pm	School Age Stages 3-4	89_AQ_2312_43_062024_YXD
5:40 pm to 6:10 pm	Parent/Child Swim Starters Stages A-B	89_AQ_2282_41_062024_YXD
5:40 pm to 6:10 pm	Preschool Stages 2-3	89_AQ_2310_42_062024_YXD
5:40 pm to 6:10 pm	School Age Stages 3-4	89_AQ_2312_46_062024_YXD
5:40 pm to 6:10 pm	School Age Stages 5-6	89_AQ_2312_47_062024_YXD
5:40 pm to 6:10 pm	School Age Stages 1-2	89_AQ_2312_45_062024_YXD
6:15 pm to 6:45 pm	Preschool Stages 1-2	89_AQ_2310_43_062024_YXD
6:15 pm to 6:45 pm	School Age Stages 1-2	89_AQ_2312_48_062024_YXD
6:15 pm to 6:45 pm	School Age Stage 3	89_AQ_2312_49_062024_YXD

<b>Thursday</b>		
<b>June 20–August 8</b>		<b>(Once a week for 7 weeks –no class July 4th)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
6:15 pm to 6:45 pm	School Age Stages 4-5	89_AQ_2312_X0_062024_YXD
6:50 pm to 7:20 pm	Preschool Stages 1-2	89_AQ_2310_44_062024_YXD
6:50 pm to 7:20 pm	School Age Stages 2-3	89_AQ_2312_X1_062024_YXD
6:50 pm to 7:20 pm	School Age Stage 4	89_AQ_2312_X2_062024_YXD
6:50 pm to 7:20 pm	School Age Stages 5-6	89_AQ_2312_X3_062024_YXD
6:50 pm to 7:20 pm	Teen Stages 1-3	89_AQ_2313_40_062024_YHL
7:25 pm to 7:55 pm	School Age Stages 1-2	89_AQ_2312_X4_062024_YXD
7:25 pm to 7:55 pm	School Age Stage 3	89_AQ_2312_X5_062024_YXD
7:25 pm to 7:55 pm	School Age Stages 4-5	89_AQ_2312_X6_062024_YXD
7:25 pm to 7:55 pm	Adult Stages 4-6	89_AQ_2314_40_062024_YHL

<b>Monday &amp; Wednesday</b>		
<b>June 17 - July 10</b>		<b>(Twice a week for 4 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
8:50 am to 9:20 am	Preschool Stages 1-2	89_AQ_2310_80_061724_YXD
8:50 am to 9:20 am	School Age Stages 1-2	89_AQ_2312_80_061724_YXD
8:50 am to 9:20 am	Adult Stages 1-2	89_AQ_2314_80_061724_YHL
9:25 am to 9:55 am	Preschool Stages 1-2	89_AQ_2310_81_061724_YXD
9:25 am to 9:55 am	School Age Stages 3-4	89_AQ_2312_82_061724_YXD
9:25 am to 9:55 am	School Age Stages 1-2	89_AQ_2312_81_061724_YXD
10:00 am to 10:30 am	Preschool Stages 1-2	89_AQ_2310_82_061724_YXD
10:00 am to 10:30 am	School Age Stages 4-5	89_AQ_2312_84_061724_YXD
10:00 am to 10:30 am	School Age Stages 2-3	89_AQ_2312_83_061724_YXD
10:35 am to 11:05 am	Preschool Stages 2-3	89_AQ_2310_83_061724_YXD
10:35 am to 11:05 am	School Age Stages 4-5	89_AQ_2312_87_061724_YXD
10:35 am to 11:05 am	School Age Stage 3	89_AQ_2312_86_061724_YXD
10:35 am to 11:05 am	School Age Stages 1-2	89_AQ_2312_85_061724_YXD

<b>Monday &amp; Wednesday</b>		
<b>July 15 - August 7</b>		<b>(Twice a week for 4 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
8:50 am to 9:20 am	Preschool Stages 1-2	89_AQ_2310_80_071524_YXD
8:50 am to 9:20 am	School Age Stages 1-2	89_AQ_2312_80_071524_YXD
8:50 am to 9:20 am	Adult Stages 1-2	89_AQ_2314_80_071524_YHL
9:25 am to 9:55 am	Preschool Stages 1-2	89_AQ_2310_81_071524_YXD
9:25 am to 9:55 am	School Age Stages 3-4	89_AQ_2312_82_071524_YXD
9:25 am to 9:55 am	School Age Stages 1-2	89_AQ_2312_81_071524_YXD
9:25 am to 9:55 am	Teen Stages 1-3	89_AQ_2313_80_071524_YHL
10:00 am to 10:30 am	Preschool Stages 1-2	89_AQ_2310_82_071524_YXD
10:00 am to 10:30 am	School Age Stages 4-5	89_AQ_2312_84_071524_YXD
10:00 am to 10:30 am	School Age Stages 2-3	89_AQ_2312_83_071524_YXD
10:35 am to 11:05 am	Preschool Stages 2-3	89_AQ_2310_83_071524_YXD
10:35 am to 11:05 am	School Age Stages 4-5	89_AQ_2312_87_071524_YXD
10:35 am to 11:05 am	School Age Stage 3	89_AQ_2312_86_071524_YXD
10:35 am to 11:05 am	School Age Stages 1-2	89_AQ_2312_85_071524_YXD

<b>Tuesday &amp; Thursday</b>		
<b>June 18 - July 11</b>		<b>(Twice a week for 4 weeks- no class July 4th)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>

9:20 am to 9:50 am	Parent/Child Swim Starters Stages A-B	89_AQ_2282_90_061824_YD
9:20 am to 9:50 am	Preschool Stages 1-2	89_AQ_2310_90_061824_YD
9:20 am to 9:50 am	School Age Stages 2-3	89_AQ_2312_90_061824_YD
9:20 am to 9:50 am	School Age Stages 4-5	89_AQ_2312_91_061824_YD
9:55 am to 10:25 am	Preschool Stages 1-2	89_AQ_2310_91_061824_YD
9:55 am to 10:25 am	School Age Stages 1-2	89_AQ_2312_92_061824_YD
9:55 am to 10:25 am	School Age Stages 3-4	89_AQ_2312_93_061824_YD
9:55 am to 10:25 am	Teen Stages 4-6	89_AQ_2313_90_061824_YHL
10:30 am to 11:00 am	Parent/Child Swim Starters Stages A-B	89_AQ_2282_91_061824_YD
10:30 am to 11:00 am	Preschool Stages 2-3	89_AQ_2310_92_061824_YD
10:30 am to 11:00 am	School Age Stages 2-3	89_AQ_2312_94_061824_YD
10:30 am to 11:00 am	School Age Stages 4-5	89_AQ_2312_95_061824_YD
11:05 am to 11:35 am	School Age Stages 1-2	89_AQ_2312_96_061824_YD
11:05 am to 11:35 am	School Age Stages 3-4	89_AQ_2312_97_061824_YD
11:05 am to 11:35 am	Teen Stages 1-3	89_AQ_2313_91_061824_YHL
11:05 am to 11:35 am	Adult Stages 1-3	89_AQ_2314_90_061824_YHL
2:30 pm to 3:10 pm	Diving Lessons 1	89_AQ_2501_90_061824_YD
4:00 pm to 4:30 pm	Preschool Stages 1-2	89_AQ_2310_93_061824_YD
4:00 pm to 4:30 pm	School Age Stages 2-3	89_AQ_2312_98_061824_YD
4:00 pm to 4:30 pm	School Age Stages 4-5	89_AQ_2312_99_061824_YD
4:35 pm to 5:05 pm	Preschool Stages 1-2	89_AQ_2310_94_061824_YD
4:35 pm to 5:05 pm	School Age Stages 5-6	89_AQ_2312_Y2_061824_YD
4:35 pm to 5:05 pm	School Age Stages 1-2	89_AQ_2312_Y0_061824_YD
4:35 pm to 5:05 pm	School Age Stages 3-4	89_AQ_2312_Y1_061824_YD
4:55 pm to 5:35 pm	Diving Lessons 1	89_AQ_2501_91_061824_YD
5:10 pm to 5:40 pm	Preschool Stages 2-3	89_AQ_2310_95_061824_YD
5:10 pm to 5:40 pm	School Age Stages 3-4	89_AQ_2312_Y4_061824_YD
5:10 pm to 5:40 pm	School Age Stages 1-2	89_AQ_2312_Y3_061824_YD
5:45 pm to 6:15 pm	Preschool Stages 1-2	89_AQ_2310_96_061824_YD
5:45 pm to 6:15 pm	School Age Stages 2-3	89_AQ_2312_Y5_061824_YD
5:45 pm to 6:15 pm	School Age Stages 4-5	89_AQ_2312_Y6_061824_YD

<b>Tuesday &amp; Thursday July 16 – August 8 (Twice a week for 4 weeks)</b>		
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
9:20 am to 9:50 am	Parent/Child Swim Starters Stages A-B	89_AQ_2282_90_071624_YD
9:20 am to 9:50 am	Preschool Stages 1-2	89_AQ_2310_90_071624_YD
9:20 am to 9:50 am	School Age Stages 1-2	89_AQ_2312_90_071624_YD
9:20 am to 9:50 am	School Age Stages 4-5	89_AQ_2312_91_071624_YD
9:55 am to 10:25 am	Preschool Stages 1-2	89_AQ_2310_91_071624_YD
9:55 am to 10:25 am	School Age Stages 2-3	89_AQ_2312_92_071624_YD
9:55 am to 10:25 am	School Age Stages 4-5	89_AQ_2312_93_071624_YD
9:55 am to 10:25 am	Teen Stages 4-6	89_AQ_2313_90_071624_YHL
10:30 am to 11:00 am	Parent/Child Swim Starters Stages A-B	89_AQ_2282_91_071624_YD
10:30 am to 11:00 am	Preschool Stages 2-3	89_AQ_2310_92_071624_YD
10:30 am to 11:00 am	School Age Stages 1-2	89_AQ_2312_94_071624_YD
10:30 am to 11:00 am	School Age Stages 3-4	89_AQ_2312_95_071624_YD
11:05 am to 11:35 am	School Age Stages 2-3	89_AQ_2312_96_071624_YD

Tuesday & Thursday		July 16 - August 8	(Twice a week for 4 weeks)
Time	Class	Product Code	
11:05 am to 11:35 am	School Age Stages 4-5	89_AQ_2312_97_071624_YXD	
11:05 am to 11:35 am	Teen Stages 4-6	89_AQ_2313_91_071624_YHL	
11:05 am to 11:35 am	Adult Stages 1-3	89_AQ_2314_90_071624_YHL	
2:30 pm to 3:10 pm	Diving Lessons 1	89_AQ_2501_90_071624_YXD	
4:00 pm to 4:30 pm	Preschool Stages 1-2	89_AQ_2310_93_071624_YXD	
4:00 pm to 4:30 pm	School Age Stages 2-3	89_AQ_2312_98_071624_YXD	
4:00 pm to 4:30 pm	School Age Stages 4-5	89_AQ_2312_99_071624_YXD	
4:35 pm to 5:05 pm	Preschool Stages 1-2	89_AQ_2310_94_071624_YXD	
4:35 pm to 5:05 pm	School Age Stages 5-6	89_AQ_2312_X2_071624_YXD	
4:35 pm to 5:05 pm	School Age Stages 1-2	89_AQ_2312_X0_071624_YXD	
4:35 pm to 5:05 pm	School Age Stages 3-4	89_AQ_2312_X1_071624_YXD	
4:55 pm to 5:35 pm	Diving Lessons 2	89_AQ_2518_90_071624_YXD	
5:10 pm to 5:40 pm	Preschool Stages 2-3	89_AQ_2310_95_071624_YXD	
5:10 pm to 5:40 pm	School Age Stages 3-4	89_AQ_2312_X4_071624_YXD	
5:10 pm to 5:40 pm	School Age Stages 1-2	89_AQ_2312_X3_071624_YXD	
5:45 pm to 6:15 pm	Preschool Stages 1-2	89_AQ_2310_96_071624_YXD	
5:45 pm to 6:15 pm	School Age Stages 2-3	89_AQ_2312_X5_071624_YXD	
5:45 pm to 6:15 pm	School Age Stages 4-5	89_AQ_2312_X6_071624_YXD	

Monday - Thursday		June 17 - 27	(Four times a week for 2 weeks)
Time	Class	Product Code	
12:10 pm to 12:40 pm	Preschool Stages 1-2	89_AQ_2310_01_061724_YXD	
12:10 pm to 12:40 pm	School Age Stages 1-2	89_AQ_2312_01_061724_YXD	
12:10 pm to 12:40 pm	School Age Stages 3-4	89_AQ_2312_02_061724_YXD	
12:45 pm to 1:15 pm	Preschool Stages 2-3	89_AQ_2310_02_061724_YXD	
12:45 pm to 1:15 pm	School Age Stages 2-3	89_AQ_2312_03_061724_YXD	
12:45 pm to 1:15 pm	School Age Stages 4-5	89_AQ_2312_04_061724_YXD	
1:20 pm to 1:50 pm	Preschool Stages 1-2	89_AQ_2310_03_061724_YXD	
1:20 pm to 1:50 pm	School Age Stages 5-6	89_AQ_2312_07_061724_YXD	
1:20 pm to 1:50 pm	School Age Stages 1-2	89_AQ_2312_05_061724_YXD	
1:20 pm to 1:50 pm	School Age Stages 3-4	89_AQ_2312_06_061724_YXD	
1:20 pm to 1:50 pm	Teen Stages 4-6	89_AQ_2313_01_061724_YHL	
1:55 pm to 2:25 pm	Preschool Stages 1-2	89_AQ_2310_04_061724_YXD	
1:55 pm to 2:25 pm	School Age Stages 1-2	89_AQ_2312_08_061724_YXD	
1:55 pm to 2:25 pm	School Age Stages 3-4	89_AQ_2312_09_061724_YXD	
1:55 pm to 2:25 pm	School Age Stages 5-6	89_AQ_2312_Y0_061724_YXD	
1:55 pm to 2:25 pm	Teen Stages 1-3	89_AQ_2313_02_061724_YHL	
2:30 pm to 3:00 pm	Preschool Stages 1-2	89_AQ_2310_05_061724_YXD	
2:30 pm to 3:00 pm	School Age Stages 2-3	89_AQ_2312_Y1_061724_YXD	
2:30 pm to 3:00 pm	School Age Stages 4-5	89_AQ_2312_Y2_061724_YXD	
2:30 pm to 3:00 pm	Competitive Stroke & Turn Development	89_AQ_2307_01_061724_YXD	
3:20 pm to 4:00 pm	Diving Lessons 1	89_AQ_2501_01_061724_YXD	
4:05 pm to 4:45 pm	Diving Lessons 2	89_AQ_2518_01_061724_YXD	

Monday - Thursday		July 1 - 11	(Four times a week for 2 weeks- no class July 4th)
Time	Class	Product Code	



<b>Monday - Thursday</b>	<b>July 1 - 11</b>	<b>(Four times a week for 2 weeks- no class July 4th)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
12:10 pm to 12:40 pm	Preschool Stages 1-2	89_AQ_2310_01_070124_YXD
12:10 pm to 12:40 pm	School Age Stages 1-2	89_AQ_2312_01_070124_YXD
12:10 pm to 12:40 pm	School Age Stages 3-4	89_AQ_2312_02_070124_YXD
12:45 pm to 1:15 pm	Preschool Stages 2-3	89_AQ_2310_02_070124_YXD
12:45 pm to 1:15 pm	School Age Stages 2-3	89_AQ_2312_03_070124_YXD
12:45 pm to 1:15 pm	School Age Stages 4-5	89_AQ_2312_04_070124_YXD
1:05 pm to 1:35 pm	Teen Stages 4-6	89_AQ_2313_01_070124_YHL
1:20 pm to 1:50 pm	Preschool Stages 1-2	89_AQ_2310_03_070124_YXD
1:20 pm to 1:50 pm	School Age Stages 5-6	89_AQ_2312_07_070124_YXD
1:20 pm to 1:50 pm	School Age Stages 1-2	89_AQ_2312_05_070124_YXD
1:20 pm to 1:50 pm	School Age Stages 3-4	89_AQ_2312_06_070124_YXD
1:20 pm to 1:50 pm	Teen Stages 1-3	89_AQ_2313_02_070124_YHL
1:55 pm to 2:25 pm	Preschool Stages 1-2	89_AQ_2310_04_070124_YXD
1:55 pm to 2:25 pm	School Age Stages 1-2	89_AQ_2312_08_070124_YXD
1:55 pm to 2:25 pm	School Age Stages 3-4	89_AQ_2312_09_070124_YXD
1:55 pm to 2:25 pm	School Age Stages 5-6	89_AQ_2312_Y0_070124_YXD
2:30 pm to 3:00 pm	Preschool Stages 1-2	89_AQ_2310_05_070124_YXD
2:30 pm to 3:00 pm	School Age Stages 2-3	89_AQ_2312_Y1_070124_YXD
2:30 pm to 3:00 pm	School Age Stages 4-5	89_AQ_2312_Y2_070124_YXD
2:30 pm to 3:00 pm	Competitive Stroke & Turn Development	89_AQ_2307_01_070124_YXD
3:20 pm to 4:00 pm	Diving Lessons 2	89_AQ_2518_01_070124_YXD
4:05 pm to 4:45 pm	Diving Lessons 1	89_AQ_2501_01_070124_YXD

<b>Monday - Thursday</b>	<b>July 15 - 25</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
12:10 pm to 12:40 pm	Preschool Stages 1-2	89_AQ_2310_01_071524_YXD
12:10 pm to 12:40 pm	School Age Stages 1-2	89_AQ_2312_01_071524_YXD
12:10 pm to 12:40 pm	School Age Stages 3-4	89_AQ_2312_02_071524_YXD
12:45 pm to 1:15 pm	Preschool Stages 2-3	89_AQ_2310_02_071524_YXD
12:45 pm to 1:15 pm	School Age Stages 2-3	89_AQ_2312_03_071524_YXD
12:45 pm to 1:15 pm	School Age Stages 4-5	89_AQ_2312_04_071524_YXD
1:20 pm to 1:50 pm	Preschool Stages 1-2	89_AQ_2310_03_071524_YXD
1:20 pm to 1:50 pm	School Age Stages 5-6	89_AQ_2312_07_071524_YXD
1:20 pm to 1:50 pm	School Age Stages 1-2	89_AQ_2312_05_071524_YXD
1:20 pm to 1:50 pm	School Age Stages 3-4	89_AQ_2312_06_071524_YXD
1:20 pm to 1:50 pm	Teen Stages 4-6	89_AQ_2313_01_071524_YHL
1:55 pm to 2:25 pm	Preschool Stages 1-2	89_AQ_2310_04_071524_YXD
1:55 pm to 2:25 pm	School Age Stages 1-2	89_AQ_2312_08_071524_YXD
1:55 pm to 2:25 pm	School Age Stages 3-4	89_AQ_2312_09_071524_YXD
1:55 pm to 2:25 pm	School Age Stages 5-6	89_AQ_2312_Y0_071524_YXD
1:55 pm to 2:25 pm	Teen Stages 1-3	89_AQ_2313_02_071524_YHL
2:30 pm to 3:00 pm	Preschool Stages 1-2	89_AQ_2310_05_071524_YXD
2:30 pm to 3:00 pm	School Age Stages 2-3	89_AQ_2312_Y1_071524_YXD
2:30 pm to 3:00 pm	School Age Stages 4-5	89_AQ_2312_Y2_071524_YXD
2:30 pm to 3:00 pm	Competitive Stroke & Turn Development	89_AQ_2307_01_071524_YXD

<b>Monday - Thursday</b>	<b>July 15 - 25</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
3:20 pm to 4:00 pm	Diving Lessons 1	89_AQ_2501_01_071524_YXD
4:05 pm to 4:45 pm	Diving Lessons 2	89_AQ_2518_01_071524_YXD

<b>Monday - Thursday</b>	<b>July 29 - August 8</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
12:10 pm to 12:40 pm	Preschool Stages 1-2	89_AQ_2310_01_072924_YXD
12:10 pm to 12:40 pm	School Age Stages 1-2	89_AQ_2312_01_072924_YXD
12:10 pm to 12:40 pm	School Age Stages 3-4	89_AQ_2312_02_072924_YXD
12:45 pm to 1:15 pm	Preschool Stages 2-3	89_AQ_2310_02_072924_YXD
12:45 pm to 1:15 pm	School Age Stages 2-3	89_AQ_2312_03_072924_YXD
12:45 pm to 1:15 pm	School Age Stages 4-5	89_AQ_2312_04_072924_YXD
1:20 pm to 1:50 pm	Preschool Stages 1-2	89_AQ_2310_03_072924_YXD
1:20 pm to 1:50 pm	School Age Stages 5-6	89_AQ_2312_07_072924_YXD
1:20 pm to 1:50 pm	School Age Stages 1-2	89_AQ_2312_05_072924_YXD
1:20 pm to 1:50 pm	School Age Stages 3-4	89_AQ_2312_06_072924_YXD
1:20 pm to 1:50 pm	Teen Stages 1-3	89_AQ_2313_01_072924_YHL
1:55 pm to 2:25 pm	Preschool Stages 1-2	89_AQ_2310_04_072924_YXD
1:55 pm to 2:25 pm	School Age Stages 1-2	89_AQ_2312_08_072924_YXD
1:55 pm to 2:25 pm	School Age Stages 3-4	89_AQ_2312_09_072924_YXD
1:55 pm to 2:25 pm	School Age Stages 5-6	89_AQ_2312_Y0_072924_YXD
1:55 pm to 2:25 pm	Teen Stages 4-6	89_AQ_2313_02_072924_YHL
2:30 pm to 3:00 pm	Preschool Stages 1-2	89_AQ_2310_05_072924_YXD
2:30 pm to 3:00 pm	School Age Stages 2-3	89_AQ_2312_Y1_072924_YXD
2:30 pm to 3:00 pm	School Age Stages 4-5	89_AQ_2312_Y2_072924_YXD
2:30 pm to 3:00 pm	Competitive Stroke & Turn Development	89_AQ_2307_01_072924_YXD
3:20 pm to 4:00 pm	Diving Lessons 2	89_AQ_2518_01_072924_YXD
4:05 pm to 4:45 pm	Diving Lessons 1	89_AQ_2501_01_072924_YXD

<b>Monday - Friday</b>	<b>June 3 - 7</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
4:00 pm to 4:40 pm	Preschool Stages 1-2	89_AQ_2310_A1_060324_YXD
4:00 pm to 4:40 pm	School Age Stages 1-2	89_AQ_2312_A1_060324_YXD
4:00 pm to 4:40 pm	School Age Stages 3-4	89_AQ_2312_A2_060324_YXD
4:45 pm to 5:25 pm	Preschool Stages 2-3	89_AQ_2310_A2_060324_YXD
4:45 pm to 5:25 pm	School Age Stages 1-2	89_AQ_2312_A3_060324_YXD
4:45 pm to 5:25 pm	School Age Stages 3-4	89_AQ_2312_A4_060324_YXD
4:45 pm to 5:25 pm	School Age Stages 5-6	89_AQ_2312_A5_060324_YXD
5:30 pm to 6:10 pm	Preschool Stages 1-2	89_AQ_2310_A3_060324_YXD
5:30 pm to 6:10 pm	School Age Stages 4-5	89_AQ_2312_A7_060324_YXD
5:30 pm to 6:10 pm	School Age Stages 2-3	89_AQ_2312_A6_060324_YXD
6:15 pm to 6:55 pm	Preschool Stages 1-2	89_AQ_2310_A4_060324_YXD
6:15 pm to 6:55 pm	School Age Stages 3-4	89_AQ_2312_A9_060324_YXD
6:15 pm to 6:55 pm	School Age Stages 1-2	89_AQ_2312_A8_060324_YXD
6:15 pm to 6:55 pm	Adult Stages 1-3	89_AQ_2314_A1_060324_YHL
7:00 pm to 7:40 pm	School Age Stages 1-2	89_AQ_2312_X0_060324_YXD
7:00 pm to 7:40 pm	School Age Stages 3-4	89_AQ_2312_X1_060324_YXD



<b>Monday – Friday</b>		<b>June 3 – 7</b>		<b>(Five times a week for 1 week)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
7:00 pm to 7:40 pm	School Age Stages 5-6	89_AQ_2312_X2_060324_YXD			
7:00 pm to 7:40 pm	Adult Stages 4-6	89_AQ_2314_A2_060324_YHL			
<b>Monday – Friday</b>		<b>June 10 – 14</b>		<b>(Five times a week for 1 week)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
4:00 pm to 4:40 pm	Preschool Stages 1-2	89_AQ_2310_B1_061024_YXD			
4:00 pm to 4:40 pm	School Age Stages 1-2	89_AQ_2312_B1_061024_YXD			
4:00 pm to 4:40 pm	School Age Stages 3-4	89_AQ_2312_B2_061024_YXD			
4:45 pm to 5:25 pm	Preschool Stages 2-3	89_AQ_2310_B2_061024_YXD			
4:45 pm to 5:25 pm	School Age Stages 1-2	89_AQ_2312_B3_061024_YXD			
4:45 pm to 5:25 pm	School Age Stages 3-4	89_AQ_2312_B4_061024_YXD			
4:45 pm to 5:25 pm	School Age Stages 5-6	89_AQ_2312_B5_061024_YXD			
5:30 pm to 6:10 pm	Preschool Stages 1-2	89_AQ_2310_B3_061024_YXD			
5:30 pm to 6:10 pm	School Age Stages 4-5	89_AQ_2312_B7_061024_YXD			
5:30 pm to 6:10 pm	School Age Stages 2-3	89_AQ_2312_B6_061024_YXD			
5:30 pm to 6:10 pm	Teen Stages 4-6	89_AQ_2313_B1_061024_YHL			
6:15 pm to 6:55 pm	Preschool Stages 1-2	89_AQ_2310_B4_061024_YXD			
6:15 pm to 6:55 pm	School Age Stages 1-2	89_AQ_2312_B8_061024_YXD			
6:15 pm to 6:55 pm	School Age Stages 3-4	89_AQ_2312_B9_061024_YXD			
6:15 pm to 6:55 pm	Adult Stages 1-3	89_AQ_2314_B1_061024_YHL			
7:00 pm to 7:40 pm	School Age Stages 1-2	89_AQ_2312_X0_061024_YXD			
7:00 pm to 7:40 pm	School Age Stages 3-4	89_AQ_2312_X1_061024_YXD			
7:00 pm to 7:40 pm	School Age Stages 5-6	89_AQ_2312_X2_061024_YXD			
7:00 pm to 7:40 pm	Adult Stages 4-6	89_AQ_2314_B2_061024_YHL			

<b>Monday – Friday</b>		<b>August 12 – 16</b>		<b>(Five times a week for 1 week)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
4:00 pm to 4:40 pm	Preschool Stages 1-2	89_AQ_2310_K1_081224_YXD			
4:00 pm to 4:40 pm	School Age Stages 1-2	89_AQ_2312_K1_081224_YXD			
4:00 pm to 4:40 pm	School Age Stages 3-4	89_AQ_2312_K2_081224_YXD			
4:45 pm to 5:25 pm	Preschool Stages 2-3	89_AQ_2310_K2_081224_YXD			
4:45 pm to 5:25 pm	School Age Stages 1-2	89_AQ_2312_K3_081224_YXD			
4:45 pm to 5:25 pm	School Age Stages 3-4	89_AQ_2312_K4_081224_YXD			
4:45 pm to 5:25 pm	School Age Stages 5-6	89_AQ_2312_K5_081224_YXD			
5:30 pm to 6:10 pm	Preschool Stages 1-2	89_AQ_2310_K3_081224_YXD			
5:30 pm to 6:10 pm	School Age Stages 4-5	89_AQ_2312_K7_081224_YXD			
5:30 pm to 6:10 pm	School Age Stages 2-3	89_AQ_2312_K6_081224_YXD			
6:15 pm to 6:55 pm	Preschool Stages 1-2	89_AQ_2310_K4_081224_YXD			
6:15 pm to 6:55 pm	School Age Stages 1-2	89_AQ_2312_K8_081224_YXD			
6:15 pm to 6:55 pm	School Age Stages 3-4	89_AQ_2312_K9_081224_YXD			
6:15 pm to 6:55 pm	Adult Stages 1-3	89_AQ_2314_K1_081224_YHL			
7:00 pm to 7:40 pm	School Age Stages 1-2	89_AQ_2312_X0_081224_YXD			
7:00 pm to 7:40 pm	School Age Stages 3-4	89_AQ_2312_X1_081224_YXD			
7:00 pm to 7:40 pm	School Age Stages 5-6	89_AQ_2312_X2_081224_YXD			
7:00 pm to 7:40 pm	Adult Stages 4-6	89_AQ_2314_K2_081224_YHL			

**Monday – Friday** **August 19 – 23** **(Five times a week for 1 week)**

Monday - Friday	August 13 - 19	(Five times a week for 7 weeks)
Time	Class	Product Code
4:00 pm to 4:40 pm	Preschool Stages 1-2	89_AQ_2310_L1_081924_YYD
4:00 pm to 4:40 pm	School Age Stages 3-4	89_AQ_2312_L2_081924_YYD
4:00 pm to 4:40 pm	School Age Stages 1-2	89_AQ_2312_L1_081924_YYD
4:45 pm to 5:25 pm	Preschool Stages 2-3	89_AQ_2310_L2_081924_YYD
4:45 pm to 5:25 pm	School Age Stages 1-2	89_AQ_2312_L3_081924_YYD
4:45 pm to 5:25 pm	School Age Stages 3-4	89_AQ_2312_L4_081924_YYD
4:45 pm to 5:25 pm	School Age Stages 5-6	89_AQ_2312_L5_081924_YYD
5:30 pm to 6:10 pm	Preschool Stages 1-2	89_AQ_2310_L3_081924_YYD
5:30 pm to 6:10 pm	School Age Stages 4-5	89_AQ_2312_L7_081924_YYD
5:30 pm to 6:10 pm	School Age Stages 2-3	89_AQ_2312_L6_081924_YYD
6:15 pm to 6:55 pm	Preschool Stages 1-2	89_AQ_2310_L4_081924_YYD
6:15 pm to 6:55 pm	School Age Stages 1-2	89_AQ_2312_L8_081924_YYD
6:15 pm to 6:55 pm	School Age Stages 3-4	89_AQ_2312_L9_081924_YYD
6:15 pm to 6:55 pm	Adult Stages 1-3	89_AQ_2314_L1_081924_YHL
7:00 pm to 7:40 pm	School Age Stages 1-2	89_AQ_2312_X0_081924_YYD
7:00 pm to 7:40 pm	School Age Stages 3-4	89_AQ_2312_X1_081924_YYD
7:00 pm to 7:40 pm	School Age Stages 5-6	89_AQ_2312_X2_081924_YYD
7:00 pm to 7:40 pm	Adult Stages 4-6	89_AQ_2314_L2_081924_YHL

*Lesson availability varies by location. Schedules subject to change. Please visit [www.ymcanorth.org](http://www.ymcanorth.org) for updated class listings.*



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–3



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER  
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER  
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER  
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER  
MOVEMENT

Can the student swim 10–15 yards on his or her front and back with face in the water?

NOT YET

3 / WATER  
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE  
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE  
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE  
MECHANICS

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

# SWIM TEAM

Our trained coaches work to improve swimmers' skill level, endurance and to promote a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level.

YMCA Swim Teams are offered at most locations in the Twin Cities metro area. Swim meets are scheduled against other teams in the Minnesota State League, typically at other Y locations on Saturdays.

For more information on team locations, practices, and swim meets, please visit us online at [www.ymcanorth.org](http://www.ymcanorth.org).



## PRIVATE AND SEMI-PRIVATE LESSONS

Private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give participants individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals. Private and semi-private lessons are 30 minutes in length, and can begin at any time.

To arrange lessons, please contact the Aquatics Department.

### PRIVATE LESSON RATES

#### Members

- 1 lesson \$48
- 3 lessons \$137
- 7 lessons \$298

#### Non-Members

- 1 lesson \$96
- 3 lessons \$273
- 7 lessons \$596

### CUSTOMIZED SMALL GROUP LESSON RATES

#### Members

- 3 lessons \$204
- 7 lessons \$415

#### Non-Members

- 3 lessons \$415
- 7 lessons \$857

## REGISTER ONLINE

- Visit [www.ymcanorth.org](http://www.ymcanorth.org) to register online for group lessons.
- Select **Swimming** to search lessons and read more about ages, levels, and skills.
- Sign In when you find your lesson. First time user? Use the email address on file with the Y to 'Create your account'.
- If you have questions, please call Y Customer Service at 612-230-9622 or contact us at [www.ymcanorth.org/contact\\_us](http://www.ymcanorth.org/contact_us)

## BUILDING HOURS

Monday-Friday: 5 AM - 9 PM

Saturday: 7 AM - 5 PM

Sunday: 7 AM - 5 PM

## KIDS STUFF HOURS

Monday-Friday: Please visit [ymcanorth.org/reservations](http://ymcanorth.org/reservations) for current hours.

Saturday:

Sunday:

## CONTACT US

Be sure to visit our web site for additional information, including updated class listings, facility features, and tips on preparing for lessons. If you have additional questions, please contact the Aquatics Department.