



# OCTOBER SWIM LESSONS

## SANTA MONICA FAMILY YMCA

PRESCHOOL			
Age: 3-5			
GROUP	MON./WED.	TUES./THURS.	SATURDAY
<b>STAGE 1:</b> Water Acclimation	3:30-4:00pm 4:00-4:30pm	3:30-4:00pm	9:00-9:45am 10:30-11:15am
<b>STAGE 2:</b> Water Movement	4:00-4:30pm	4:00-4:30pm	9:45-10:30am 11:20-11:50am
<b>STAGE 3:</b> Water Stamina		4:30-5:00pm	
<b>STAGE 4:</b> Stroke Introduction	4:30-5:00pm		

SCHOOL AGE			
Age: 6-12			
GROUP	MON./WED.	TUES./THURS.	SATURDAY
<b>STAGE 1:</b> Water Acclimation	4:30-5:00pm	5:00-5:30pm	
<b>STAGE 2:</b> Water Movement	5:30-6:00pm		10:30-11:15am
<b>STAGE 3:</b> Water Stamina	6:00-6:30pm	6:00-6:30pm	
<b>STAGE 4:</b> Stroke Introduction	5:00-5:30pm	5:00-5:30pm 5:30-6:00pm	9:00-9:45am
<b>STAGE 5:</b> Stroke Development	5:30-6:00pm		9:45-10:30am
<b>STAGE 6:</b> Stroke Mechanics	6:00-6:30pm		9:45-10:30am

### GROUP LESSONS

Mon/Wed OR Tues/Thurs  
Session Dates: 10/1- 10/24  
Cost: \$80 for 8 classes

Saturdays  
Session Dates: 10/5 - 10/26  
Cost: \$60 for 4 classes

### PRIVATE LESSONS

Mon/Wed OR Tues/Thurs  
Session Dates: 10/1- 10/24  
Cost: \$200 for 8 classes

Saturdays  
Session Dates: 10/5 - 10/26  
Cost: \$100 for 4 classes

### SEMI-PRIVATE LESSONS

Two times/week: \$300  
One time/week: \$150

### REGISTRATION DATES

September	8/19/2024
October	9/17/2024
November	10/21/2024
December	11/18/2024

PRIVATE LESSONS		
L = Lap Pool   T = Training Pool		
MONDAY/WEDNESDAY	TUESDAY/THURSDAY	SATURDAY
5:00-5:30pm (L) 6:30-7:00pm (L) 7:00-7:30pm (L)	4:00 - 4:30pm (T) 4:30 - 5:00pm (L) 5:30 - 6:00pm (T) 6:00 - 6:30pm (L)	9:00-9:30am (L) 9:45-10:15am (T) (L) 10:35-11:05am (L) 11:10-11:40am (L) 11:15-11:45am (T)