



YMCA OF EAST TENNESSEE

GROUP SWIM LESSONS

January 5 - January 26, 2019

Click a Date & Time for details and access to registration

| Parent/Child Lessons (6 months - 3 years) Class length is 30 minutes | | | | | |
|---|------------|------------------|-------------------|------------------|-------------------|
| Level | Downtown Y | Candler Y | West Side Y | North Side Y | Davis Y |
| Level 1: Water Discovery (6 months - 3 years) Infant with parents | | Saturday 9:00 AM | Saturday 9:30 AM | Saturday 9:00 AM | Saturday 10:00 AM |
| Level 2: Water Exploration (18 months - 3 years) Infant with parents | | Saturday 9:30 AM | Saturday 10:00 AM | Saturday 9:00 AM | Saturday 10:30 AM |

| Preschool Lessons (3-5 years) Class length is 40 minutes | | | | | |
|---|------------|--|---|------------------------------------|---------------------------------------|
| Level | Downtown Y | Candler Y | West Side Y | North Side Y | Davis Y |
| Level 1: Water Acclimation & Movement Intro level must be comfortable without a parent in the water | | Tuesday 4:00 PM Tuesday 5:20 PM Thursday 4:25 PM Saturday 10:00 AM Saturday 10:40 AM | Mon/Wed 4:00 PM Tues/Thurs 4:45 PM Saturday 9:30 AM Saturday 11:45 AM | Tues/Thurs 4:00 PM Sat 10:00 AM | Mon/Wed 5:00 PM Tues/Thurs 3:30 PM |
| Level 2: Water Stamina | | Tuesday 4:40 PM Thursday 4:00 PM Saturday 10:05 AM | Mon/Wed 4:45 PM Tues/Thurs 4:00 PM Saturday 10:15 AM Saturday 11:00 AM | Tues/Thurs 4:00 PM Sat 10:00 AM | Mon/Wed 3:30 PM Tues/Thurs 4:15 PM |
| Level 3: Stroke Introduction | | | Mon/Wed 4:45 PM Tues/Thurs 4:00 PM Saturday 11:00 AM | | Mon/Wed 4:15 PM Tues/Thurs 5:00 PM |

| Youth Lessons (6-12 years) Class length is 40 minutes | | | | | |
|---|------------|--|--|---|---------------------------------------|
| Level | Downtown Y | Candler Y | West Side Y | North Side Y | Davis Y |
| Level 1: Water Acclimation & Movement Intro level for children 6 and up | | Tuesday 4:00 PM Thursday 5:05 PM Saturday 10:40 AM | Mon/Wed 5:30 PM Tues/Thurs 5:30 PM Saturday 10:05 AM | Tues/Thurs 4:45 PM Saturday 10:45 AM | Mon/Wed 4:30 PM Tues/Thurs 3:45 PM |
| Level 2: Water Stamina | | Tuesday 4:40 PM Thursday 4:40 PM Saturday 11:20 AM | Mon/Wed 5:30 PM Tues/Thurs 4:00 PM Saturday 9:30 AM Saturday 11:00 AM | Tues/Thurs 4:45 PM Saturday 10:45 AM | |
| Level 3: Stroke Introduction | | Tuesday 5:20 PM Thursday 3:45 PM Saturday 10:00 AM | Mon/Wed 4:45 PM Tues/Thurs 4:45 PM Saturday 9:30 AM | Tues/Thurs 5:30 PM Saturday 11:30 AM | Mon/Wed 5:15 PM Tues/Thurs 4:30 PM |
| Level 4: Stroke Development | | Saturday 10:05 AM | Mon/Wed 4:45 PM Tues/Thurs 5:30 PM Saturday 10:15 AM | | |
| Level 5: Stroke Mechanics | | | Mon/Wed 4:45 PM Tues/Thurs 5:30 PM Saturday 10:15 AM | | Mon/Wed 6:00 PM Tues/Thurs 5:15 PM |

| Teen & Adult Lessons (14 to 99 plus years) Class length is 40 minutes | | | | | |
|---|------------|--------------------------------------|-------------|--------------|---------|
| Level | Downtown Y | Candler Y | West Side Y | North Side Y | Davis Y |
| Level 1: Water Acclimation & Movement Intro level for age 14 to 99 and up | | Thursday 5:20 PM Saturday 9:00 AM | | | |

*Schedule is subject to change