



**YMCA OF EAST TENNESSEE**  
**GROUP SWIM LESSONS**

**March 30 - April 25, 2019**

Click a Date & Time for details and access to registration

<b>Parent/Child Lessons</b> (6 months - 3 years) Class length is 30 minutes					
Level	Downtown Y	Cansler Y	West Side Y	North Side Y	Davis Y
<b>Level 1: Water Discovery</b> (6 months - 3 years) Infant with parents		Saturday 9:00 AM	Saturday 8:30 AM Saturday 9:30 AM	Saturday 9:00 AM	Saturday 10:00 AM
<b>Level 2: Water Exploration</b> (18 months - 3 years) Infant with parents		Saturday 9:30 AM	Saturday 9:00 AM Saturday 10:00 AM	Saturday 9:00 AM	Saturday 10:30 AM Saturday 11:00 AM

<b>Preschool Lessons</b> (3-5 years) Class length is 40 minutes					
Level	Downtown Y	Cansler Y	West Side Y	North Side Y	Davis Y
<b>Level 1: Water Acclimation &amp; Movement</b> Intro level must be comfortable without a parent in the water		Tuesday 4:00 PM Tuesday 5:20 PM Wednesday 4:00 PM Thursday 4:40 PM Saturday 10:00 AM Saturday 10:40 AM	Mon/Wed 4:00 PM Tues/Thurs 4:45 PM Tues/Thurs 5:30 PM Saturday 9:00 AM Saturday 10:30 AM Saturday 11:15 AM Saturday 12:00 PM	Mon/Wed 4:00 PM Tues/Thurs 4:45 PM Saturday 10:00 AM Saturday 11:30 AM	Mon/Wed 5:30 PM Tues/Thurs 3:00 PM Tues/Thurs 4:30 PM
<b>Level 2: Water Stamina</b>		Tuesday 4:40 PM Thursday 4:00 PM Saturday 10:05 AM	Mon/Wed 4:45 PM Tues/Thurs 4:00 PM Saturday 9:45 AM Saturday 11:15 AM Saturday 12:00 PM	Mon/Wed 4:00 PM Tues/Thurs 4:45 PM Saturday 10:45 AM	Mon/Wed 4:45 PM Tues/Thurs 3:45 PM
<b>Level 3: Stroke Introduction</b>			Mon/Wed 4:45 PM Tues/Thurs 4:00 PM Saturday 10:30 AM		Mon/Wed 4:00 PM Tues/Thurs 5:15 PM

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

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

\*Schedule is subject to change