



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



June 1 - June 27, 2019

**NOTE: Sessions are for 2 weeks or Saturdays only**

Click a Date & Time for details and access to registration

Parent/Child Lessons (6 months - 3 years) Class length is 30 minutes								
Level	CANSLER Y		WEST SIDE Y		NORTH SIDE Y		DAVIS Y	
	June 1 - 22		June 1 - 22		June 1 - 22		June 1 - 22	
<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	

Preschool Lessons (3-5 years) Class length is 40 minutes								
Level	CANSLER Y		WEST SIDE Y		NORTH SIDE Y		Davis Y	
	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27
<b>Level 1: Water Acclimation &amp; Movement</b> Intro level must be comfortable without a parent in the water	Mon - Thur 2:00 PM Mon - Thur 3:30 PM Mon - Thur 4:15 PM Saturday 9:45 AM AM Saturday 10:30 AM	Mon - Thur 2:00 PM Mon - Thur 3:30 PM Mon - Thur 4:15 PM	Mon/Wed 11:45 AM Mon - Thur 3:00 PM Mon - Thur 4:30 PM Mon - Thur 5:15 PM Saturday 9:00 AM Saturday 10:30 AM Saturday 11:15 AM Saturday 12:00 PM	Mon/Wed 11:45 AM Mon - Thur 3:00 PM Mon - Thur 4:30 PM Mon - Thur 5:15 PM Saturday 9:00 AM Saturday 10:30 AM Saturday 11:15 AM Saturday 12:00 PM	Mon-Thur 10:00AM Mon-Thur 3:30PM Mon-Thur 5:45PM Saturday 10:00 AM Saturday 11:30 AM	Mon-Thur 10:00AM Mon-Thur 3:30PM Mon-Thur 5:45PM Saturday 10:00 AM Saturday 11:30 AM	Mon - Thur 9:15 AM Mon - Thur 10:45 AM Mon - Thur 3:15 PM Mon - Thur 4:45 PM Mon - Thur 5:30 PM	Mon - Thur 9:15 AM Mon - Thur 10:45 AM Mon - Thur 3:15 PM Mon - Thur 4:45 PM Mon - Thur 5:30 PM
<b>Level 2: Water Stamina</b>	Mon - Thur 2:45 PM Mon - Thur 4:45 PM Saturday 10:30 AM	Mon - Thur 2:45 PM Mon - Thur 4:45 PM	Mon/Wed 11:00 AM Mon - Thurs 3:00 PM Mon - Thurs 3:45 PM Mon - Thur 4:30 PM Saturday 9:45 AM Saturday 10:30 AM Saturday 11:15 AM Saturday 12:00 PM	Mon/Wed 11:00 AM Mon - Thurs 3:00 PM Mon - Thurs 3:45 PM Mon - Thur 4:30 PM Saturday 9:45 AM Saturday 10:30 AM Saturday 11:15 AM Saturday 12:00 PM	Mon-Thur 10:45AM Mon-Thur 2:45PM Mon-Thur 5:00PM Saturday 10:45 AM	Mon-Thur 10:45AM Mon-Thur 2:45PM Mon-Thur 5:00PM Saturday 10:45 AM	Mon - Thur 10:00 AM Mon - Thur 4:00 PM Mon - Thur 4:45 PM Mon - Thur 5:30 PM	Mon - Thur 9:15 AM Mon - Thur 10:00 AM Mon - Thur 10:45 AM Mon - Thur 4:00 PM Mon - Thur 4:45 PM Mon - Thur 5:30 PM
<b>Level 3: Stroke Introduction</b>			Mon/Wed 11:00 AM Mon - Thurs 3:00 PM Mon - Thurs 3:45 PM Mon - Thur 4:30 PM Saturday 10:30 AM	Mon/Wed 11:00 AM Mon - Thurs 3:00 PM Mon - Thurs 3:45 PM Mon - Thur 4:30 PM Saturday 10:30 AM	Mon-Thur 11:30AM Mon-Thur 4:15PM Saturday 10:30 AM	Mon-Thur 11:30AM Mon-Thur 4:15PM Saturday 10:30 AM	Mon - Thur 10:00 AM Mon - Thur 4:45 PM	Mon - Thur 10:00 AM Mon - Thur 4:45 PM

Youth Lessons (6-12 years) Class length is 40 minutes								
Level	CANSLER Y		WEST SIDE Y		NORTH SIDE Y		Davis Y	
	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27
<b>Level 1: Water Acclimation &amp; Movement</b> Intro level for children 6 and up	Mon - Thur 2:45 PM Mon - Thur 5:00 PM Saturday 9:45 AM	Mon - Thur 2:45 PM Mon - Thur 5:00 PM	Mon/Wed 11:45 AM Mon - Thurs 5:15 PM Saturday 9:45 AM	Mon/Wed 11:45 AM Mon - Thurs 5:15 PM Saturday 9:45 AM	Mon-Thur 10:00AM Mon-Thur 2:45PM Mon-Thur 4:15PM Saturday 10:00AM	Mon-Thur 10:00AM Mon-Thur 2:45PM Mon-Thur 4:15PM Saturday 10:00AM	Mon - Thur 9:15 AM Mon - Thur 10:45 AM Mon - Thur 4:00 PM Mon - Thur 5:30 PM	Mon - Thur 9:15 AM Mon - Thur 10:45 AM Mon - Thur 4:00 PM Mon - Thur 5:30 PM
<b>Level 2: Water Stamina</b>	Mon - Thur 2:00 PM Mon - Thur 4:00 PM Saturday 9:05 AM	Mon - Thur 2:00 PM Mon - Thur 4:00 PM	Mon/Wed 11:00 AM Mon - Thurs 3:45 PM Saturday 9:45 AM Saturday 11:15 AM	Mon/Wed 11:00 AM Mon - Thurs 3:45 PM Saturday 9:45 AM Saturday 11:15 AM	Mon-Thur 10:45AM Mon-Thur 3:30PM Mon-Thur 5:45PM Saturday 10:45 AM	Mon-Thur 10:45AM Mon-Thur 3:30PM Mon-Thur 5:45PM Saturday 10:45 AM		
<b>Level 3: Stroke Introduction</b>	Mon - Thur 3:35 PM Mon - Thur 4:15 PM Saturday 11:15 AM AM	Mon - Thur 3:35 PM Mon - Thur 4:15 PM	Mon/Wed 11:45 AM Mon - Thurs 3:45 PM Mon - Thurs 4:30 PM Saturday 9:00 AM	Mon/Wed 11:45 AM Mon - Thurs 3:45 PM Mon - Thurs 4:30 PM Saturday 9:00 AM	Mon-Thur 11:30AM Mon-Thur 5:00PM Saturday 11:30AM	Mon-Thur 11:30AM Mon-Thur 5:00PM Saturday 11:30AM	Mon - Thur 9:15 AM Mon - Thur 10:45 AM Mon - Thur 4:00 PM Mon - Thur 5:30 PM	Mon - Thur 9:15 AM Mon - Thur 10:45 AM Mon - Thur 4:00 PM Mon - Thur 5:30 PM
<b>Level 4: Stroke Development</b>	Saturday 10:50 AM AM		Mon/Wed 11:00 AM Mon - Thur 5:15 PM Saturday 10:30 AM Saturday 12:00 PM	Mon/Wed 11:00 AM Mon - Thur 5:15 PM Saturday 10:30 AM Saturday 12:00 PM				
<b>Level 5: Stroke Mechanics</b>			Mon/Wed 11:00 AM Mon - Thur 5:15 PM Saturday 10:30 AM Saturday 12:00 PM	Mon/Wed 11:00 AM Mon - Thur 5:15 PM Saturday 10:30 AM Saturday 12:00 PM			Mon - Thur 10:00 AM Mon - Thur 4:45 PM	Mon - Thur 10:00 AM Mon - Thur 4:45 PM

Teen & Adult Lessons (14 to 99 plus years) Class length is 40 minutes								
Level	CANSLER Y		WEST SIDE Y		NORTH SIDE Y		DAVIS Y	
	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27	June 3 - 13	June 17 - 27
<b>Level 1: Water Acclimation &amp; Movement</b> Intro level for age 14 to 99 and up	Mon - Thur 5:00 PM Saturday 9:00 AM AM	Mon - Thur 5:00 PM						

\*Schedule is subject to change