### GROUP SWIM LESSONS

**YMCA OF EAST TENNESSEE**

- **Intro level for age 14 to 99 and up**
- **Intro level for children 6 and up**
- **Intro level must be comfortable without a parent in the water**
- **Water Discovery (6 months - 3 years)** Class length is 30 minutes
- **Water Exploration (6 months - 3 years)** Class length is 30 minutes
- **Water Acclimation (6 months - 3 years)** Class length is 30 minutes
- **Water Discovery (6-12 years)** Class length is 40 minutes
- **Water Acclimation (6-12 years)** Class length is 40 minutes
- **Water Stamina (6-12 years)** Class length is 40 minutes
- **Stroke Mechanics (6-12 years)** Class length is 40 minutes
- **Teen & Adult Lessons** (14 to 99 plus years) Class length is 40 minutes

#### Parent/Child Lessons
- **Level 1: Water Discovery (6 months - 3 years)**
  - CANSLER Y: July 6 - 27
  - WEST SIDE Y: July 6 - 27
  - NORTH SIDE Y: July 6 - 27
  - DAVIS Y: July 13 - August 3
  - Saturday 9:00 AM
  - Saturday 9:30 AM
  - Saturday 10:00 AM
  - Saturday 10:30 AM

- **Level 2: Water Exploration (18 months - 3 years)**
  - CANSLER Y: July 6 - 18
  - WEST SIDE Y: July 6 - 18
  - NORTH SIDE Y: July 6 - 18
  - DAVIS Y: July 6 - 18
  - Saturday 11:15 AM
  - Saturday 12:00 PM

#### Preschool Lessons
- **Level 1: Water Acclimation & Movement**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 9:45 AM
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM

- **Level 2: Water Stamina**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM
  - Mon - Thurs 11:45 AM

- **Level 3: Stroke Introduction**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM
  - Mon - Thurs 11:45 AM

#### Youth Lessons
- **Level 1: Water Acclimation & Movement**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 9:45 AM
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM

- **Level 2: Water Stamina**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM
  - Mon - Thurs 11:45 AM

- **Level 3: Stroke Introduction**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM
  - Mon - Thurs 11:45 AM

- **Level 4: Stroke Development**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM
  - Mon - Thurs 11:45 AM

- **Level 5: Stroke Mechanics**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM
  - Mon - Thurs 11:45 AM

#### Teen & Adult Lessons
- **Level 1: Water Acclimation & Movement**
  - CANSLER Y: July 8 - 18
  - WEST SIDE Y: July 8 - 18
  - NORTH SIDE Y: July 8 - 18
  - DAVIS Y: July 8 - 18
  - Mon - Thurs 9:45 AM
  - Mon - Thurs 10:00 AM
  - Mon - Thurs 10:45 AM
  - Mon - Thurs 11:00 AM

*Schedule is subject to change*