



YMCA OF EAST TENNESSEE
GROUP SWIM LESSONS



July 6 – August 1, 2019

NOTE: Sessions are for 2 weeks or Saturdays only

Click a Date & Time for details and access to registration

Parent/Child Lessons <small>(6 months - 3 years) Class length is 30 minutes</small>								
Level	CANSLER Y		WEST SIDE Y		NORTH SIDE Y		DAVIS Y	
	July 6 - 27		July 6 - 27		July 6-27		July 13 - August 3	
Level 1: Water Discovery <small>(6 months - 3 years) Infant with parents</small>	Saturday 9:00 AM		Saturday 8:30 AM Saturday 9:30 AM		Saturday 9:00 AM		Saturday 10:00 AM	
Level 2: Water Exploration <small>(18 months - 3 years) Infant with parents</small>	Saturday 9:30 AM		Saturday 9:00 AM Saturday 10:00 AM		Saturday 9:00 AM		Saturday 10:30 AM	

Preschool Lessons <small>(3-5 years) Class length is 40 minutes</small>								
Level	CANSLER Y		WEST SIDE Y		NORTH SIDE Y		Davis Y	
	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1
Level 1: Water Acclimation & Movement <small>Intro level must be comfortable without a parent in the water</small>	Mon - Thur 2:00 PM Mon - Thur 3:30 PM Mon - Thur 4:15 PM Saturday 9:45 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 3:00 PM Mon - Thur 3:45 PM Mon - Thur 4:30 PM Mon - Thur 5:15 PM Saturday 9:00 AM Saturday 10:30 AM Saturday 11:15 AM Saturday 11:15 AM Saturday 12:00 PM Saturday 12:00 PM	Mon/Wed 11:45 AM Mon - Thur 3:00 PM Mon - Thur 3:00 PM Mon - Thur 3:45 PM Mon - Thur 4:30 PM Mon - Thur 5:15 PM Saturday 9:00 AM Saturday 10:30 AM Saturday 11:15 AM Saturday 11:15 AM Saturday 12:00 PM Saturday 12:00 PM	Mon-Thur 10:00AM Mon-Thur 11:30AM Mon-Thur 3:30PM Mon-Thur 5:00PM Saturday 11:30AM	Mon-Thur 10:00AM Mon-Thur 10:00AM Mon-Thur 10:45 AM Mon - Thur 4:00 PM Mon - Thur 4:45 PM Mon - Thur 5:30 PM Saturday 10:00AM	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	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
Level 2: Water Stamina	Mon - Thur 2:45 PM Mon - Thur 4:45 PM Saturday 10:30 AM Saturday 11:15 AM	Mon - Thur 2:45 PM Mon - Thur 4:45 PM	Mon/Wed 11:00 AM Mon - Thurs 3:45 PM Mon - Thur 4:30 PM Saturday 9:45 AM Saturday 10:30 AM Saturday 11:15 AM	Mon/Wed 11:00 AM Mon - Thurs 3:45 PM Mon - Thur 4:30 PM Saturday 9:45 AM Saturday 10:30 AM Saturday 11:15 AM	Mon-Thur 10:45AM Mon-Thur 4:15PM Saturday 10:45AM	Mon-Thur 10:45AM Mon-Thur 4:15PM Saturday 10:45AM	Mon - Thur 9:15 AM Mon - Thur 10:00 AM Mon - Thur 10:40 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
Level 3: Stroke Introduction			Mon/Wed 11:00 AM Mon - Thurs 3:45 PM Mon - Thur 4:30 PM Saturday 10:30 AM	Mon/Wed 11:00 AM Mon - Thurs 3:45 PM Mon - Thur 4:30 PM 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 <small>(6-12 years) Class length is 40 minutes</small>								
Level	CANSLER Y		WEST SIDE Y		NORTH SIDE Y		Davis Y	
	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1
Level 1: Water Acclimation & Movement <small>Intro level for children 6 and up</small>	Mon - Thur 2:45 PM Mon - Thur 3:30 PM Mon - Thur 5:00 PM Saturday 9:45 AM	Mon - Thur 2:45 PM Mon - Thur 3:30 PM Mon - Thur 5:00 PM	Mon/Wed 11:45 AM Mon - Thurs 5:15 PM Saturday 9:45 AM Saturday 12:00 PM	Mon/Wed 11:45 AM Mon - Thurs 5:15 PM Saturday 9:45 AM Saturday 12:00 PM	Mon-Thur 10:00AM Mon-Thur 4:15PM Saturday 10:00AM	Mon-Thur 10:00AM 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
Level 2: Water Stamina	Mon - Thur 2:00 PM Mon - Thur 4:00 PM Saturday 10:05 AM	Mon - Thur 2:00 PM Mon - Thur 4:00 PM	Mon/Wed 11:00 AM Mon - Thurs 3:45 PM Saturday 9:00 AM Saturday 11:15 AM	Mon/Wed 11:00 AM Mon - Thurs 3:45 PM Saturday 9:00 AM Saturday 11:15 AM	Mon-Thur 10:45AM Mon-Thur 3:30PM Saturday 10:45AM	Mon-Thur 10:45AM Mon-Thur 3:30PM Saturday 10:45AM		
Level 3: Stroke Introduction	Mon - Thur 4:15 PM Saturday 11:15 AM	Mon - Thur 4:15 PM	Mon/Wed 11:45 AM Mon - Thurs 3:00 PM Mon - Thurs 4:30 PM Saturday 9:45 AM	Mon/Wed 11:45 AM Mon - Thurs 3:00 PM Mon - Thurs 4:30 PM Saturday 9:45 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
Level 4: Stroke Development	Saturday 10:50 AM		Mon/Wed 11:00 AM Mon - Thur 5:15 PM Saturday 10:30 AM	Mon/Wed 11:00 AM Mon - Thur 5:15 PM Saturday 10:30 AM				
Level 5: Stroke Mechanics			Mon/Wed 11:00 AM Mon - Thur 5:15 PM Saturday 10:30 AM	Mon/Wed 11:00 AM Mon - Thur 5:15 PM Saturday 10:30 AM			Mon - Thur 10:00 AM Mon - Thur 4:45 PM	Mon - Thur 10:00 AM Mon - Thur 4:45 PM

Teen & Adult Lessons <small>(14 to 99 plus years) Class length is 40 minutes</small>								
Level	CANSLER Y		WEST SIDE Y		NORTH SIDE Y		DAVIS Y	
	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1	July 8 - 18	July 22 - August 1
Level 1: Water Acclimation & Movement <small>Intro level for age 14 to 99 and up</small>	Mon - Thur 5:00 PM	Mon - Thur 5:00 PM						
	Saturday 9:00 AM							

*Schedule is subject to change