



YMCA OF EAST TENNESSEE

October 28 - November 23, 2019

GROUP SWIM LESSONS

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	Cansler 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 9:10 AM		
Level 2: Water Exploration (18 months - 3 years) Infant with parents		Saturday 9:30 AM	Saturday 9:10 AM		

Preschool Lessons (3-5 years) Class length is 40 minutes					
Level	Downtown Y	Cansler 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 5:15 PM Wednesday 5:15 PM Thursday 5:30 PM Saturday 9:45 AM Saturday 11:15 AM	Mon/Wed 4:00 PM Tues/Thurs 5:30 PM Saturdays 9:45 AM Saturday 10:30 AM Saturday 12:00 PM		Mon/Wed 4:45 PM Tues/Thurs 4:00 PM
Level 2: Water Stamina		Tuesday 4:30 PM Wednesday 4:30 PM Thursday 4:45 PM Saturday 10:05 AM Saturday 10:30 AM	Mon/Wed 4:45 PM Tues/Thurs 4:00 PM Saturday 9:45 AM Saturday 10:30 AM Saturdays 11:15 AM		Mon/Wed 4:00 PM Tues/Thurs 5:30 PM
Level 3: Stroke Introduction			Mon/Wed 5:30 PM Tues/Thurs 4:45 PM Saturday 11:15 AM Saturday 12:00 PM		Mon/Wed 5:30 PM Tues/Thurs 4:45 PM

Youth Lessons (6-12 years) Class length is 40 minutes					
Level	Downtown Y	Cansler Y	West Side Y	North Side Y	Davis Y
Level 1: Water Acclimation & Movement Intro level for children 6 and up		Tuesday 3:45 PM Wednesday 4:30 PM Thursday 6:15 PM Saturday 9:45 AM	Mon/Wed 4:00 PM Tues/Thur 5:30 PM Saturday 9:00 AM Saturday 10:30 AM Saturday 12:00 PM		Mon/Wed 5:30 PM Tues/Thurs 4:45 PM
Level 2: Water Stamina		Wednesday 5:15 PM Thursday 5:30 PM Saturday 10:30 AM	Mon/Wed 4:00 PM Tues/Thur 5:30 PM Saturday 9:00 AM Saturday 10:30 AM Saturday 12:00 PM		
Level 3: Stroke Introduction		Saturday 11:15 AM	Mon/Wed 4:45 PM Tues/Thur 4:00 PM Saturday 9:45 AM		Mon/Wed 4:45 PM Tues/Thurs 4:00 PM
Level 4: Stroke Development		Thursday 4:45 PM Saturday 10:50 AM	Mon/Wed 5:30 PM Tues/Thurs 4:45 PM Saturday 11:15 AM		
Level 5: Stroke Mechanics			Mon/Wed 5:30 PM Tues/Thurs 4:45 PM Saturday 11:15 AM		Mon/Wed 4:00 PM Tues/Thurs 5:30 PM

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

*Schedule is subject to change