



# YMCA OF EAST TENNESSEE

April 4 - 30, 2020

## 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	Candler 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 9:15 AM	Saturday 9:30AM	Saturday 9:30 AM
<b>Level 2: Water Exploration</b> (18 months - 3 years) Infant with parents		Saturday 9:30 AM	Saturday 9:50 AM	Saturday 9:30AM	Saturday 10:00 AM Saturday 10:30 AM

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

Youth Lessons (6-12 years) Class length is 40 minutes					
Level	Downtown Y	Candler 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 5:15 PM Wednesday 4:30 PM Thursday 4:00 PM Saturday 9:45 AM	Saturday 9:45 AM Saturday 12:00 PM Mon/Wed 4:00 PM Tues/Thurs 5:30 PM	Mon/Wed 4:45 PM Tues/Thurs 5:30 PM Saturday 10:00AM	Mon/Wed 5:30 PM Tues/Thurs 4:45 PM
<b>Level 2: Water Stamina</b>		Tuesday 4:30 PM Wednesday 5:15 PM Thursday 5:30 PM Saturday 10:30 AM	Saturday 9:45 AM Saturday 12:00 PM Mon/Wed 4:00 PM Tues/Thurs 5:30 PM	Tues/Thurs 4:45PM Saturday 10:45AM	
<b>Level 3: Stroke Introduction</b>		Wednesday 3:45 PM Saturday 11:15 AM	Saturday 9:00 AM Saturday 11:15 AM Mon/Wed 4:45 PM Tues/Thurs 4:00 PM	Mon/Wed 4:00 PM Saturday 11:30AM	Mon/Wed 4:45 PM Tues/Thurs 4:00 PM
<b>Level 4: Stroke Development</b>		Thursday 4:45 PM Saturday 10:50 AM	Saturday 10:30 AM Mon/Wed 5:30 PM Tues/Thurs 4:45 PM		
<b>Level 5: Stroke Mechanics</b>			Saturday 10:30 AM Mon/Wed 5:30 PM Tues/Thurs 4:45 PM		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	Candler 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		Saturday 9:00 AM Saturday 6:15 PM	Friday 6:15pm		

\*Schedule is subject to change