



## 2019 Summer 1 Swim Lesson List Bremerton Family YMCA

**SESSION DATES: June 24 – July 21**

Registration: June 15, 2019 – July 21, 2019

**\*\*Registration is on a first come, first served basis\*\***

<b>PARENT CHILD SWIM LESSONS (6 months - 3 years)</b>		
Infant   A & B    Water Discovery & Exploration	Monday/Wednesday	4:35pm-5:05pm
Toddler   A & B    Water Discovery & Exploration	Monday/Wednesday	5:10pm-5:40pm
Swim Starters Combo   A & B    Water Discovery & Exploration	Tuesday/Thursday	10:35am-11:05am
Swim Starters Combo   A & B    Water Discovery & Exploration	Tuesday/Thursday	5:10pm-5:40pm
Swim Starters Combo   A & B    Water Discovery & Exploration	Saturday	10:35am-11:05am
<b>PRESCHOOL SWIM LESSONS (3-5 YEARS)</b>		
1   Water Acclimation	Monday/Wednesday	4:00pm-4:30pm
1   Water Acclimation	Monday/Wednesday	5:10pm-5:40pm
1   Water Acclimation	Monday/Wednesday	5:45pm-6:15pm
1   Water Acclimation	Monday/Wednesday	6:20pm-6:50pm
1   Water Acclimation	Tuesday/Thursday	10:00am-10:30am
1   Water Acclimation	Tuesday/Thursday	11:10am-11:40am
1   Water Acclimation	Tuesday/Thursday	4:00pm-4:30pm
1   Water Acclimation	Tuesday/Thursday	5:10pm-5:40pm
1   Water Acclimation	Tuesday/Thursday	5:45pm-6:15pm
1   Water Acclimation	Saturday	10:00am-10:30am
1   Water Acclimation	Saturday	11:10am-11:40am
1   Water Acclimation	Saturday	11:45am-12:15pm
1   Water Acclimation	Sunday	1:00pm-1:30pm
2   Water Movement	Monday/Wednesday	4:00pm-4:30pm
2   Water Movement	Monday/Wednesday	4:35pm-5:05pm
2   Water Movement	Monday/Wednesday	6:20pm-6:50pm
2   Water Movement	Tuesday/Thursday	10:35am-11:05am
2   Water Movement	Tuesday/Thursday	4:35pm-5:05pm
2   Water Movement	Tuesday/Thursday	5:45pm-6:15pm
2   Water Movement	Saturday	11:10am-11:40am
2   Water Movement	Saturday	11:45am-12:15pm
2   Water Movement	Sunday	1:35pm-2:05pm
3   Water Stamina	Monday/Wednesday	4:35pm-5:05pm
3   Water Stamina	Monday/Wednesday	5:45pm-6:15pm
3   Water Stamina	Tuesday/Thursday	4:00pm-4:30pm
3   Water Stamina	Tuesday/Thursday	4:35pm-5:05pm
3   Water Stamina	Tuesday/Thursday	6:20pm-6:50pm
3   Water Stamina	Saturday	11:10am-11:40am
3   Water Stamina	Sunday	2:10pm-2:40pm
4   Stroke Introduction	Monday/Wednesday	4:00pm-4:30pm
4   Stroke Introduction	Tuesday/Thursday	6:20pm-6:50pm
4   Stroke Introduction	Saturday	10:35am-11:05am
<b>SCHOOL AGE SWIM LESSONS (6-12 YEARS)</b>		
1   Water Acclimation	Monday/Wednesday	4:00pm-4:30pm
1   Water Acclimation	Monday/Wednesday	5:45pm-6:15pm
1   Water Acclimation	Tuesday/Thursday	11:10am-11:40am
1   Water Acclimation	Tuesday/Thursday	4:00pm-4:30pm
1   Water Acclimation	Saturday	10:00am-10:30am
1   Water Acclimation	Sunday	1:35pm-2:05pm
2   Water Movement	Monday/Wednesday	5:10pm-5:40pm
2   Water Movement	Tuesday/Thursday	11:10am-11:40am
2   Water Movement	Tuesday/Thursday	4:35pm-5:05pm
2   Water Movement	Tuesday/Thursday	6:20pm-6:50pm
2   Water Movement	Saturday	10:00am-10:30am
2   Water Movement	Saturday	11:45am-12:15pm
2   Water Movement	Sunday	2:10pm-2:40pm

3   Water Stamina	Monday/Wednesday	4:00pm-4:30pm
3   Water Stamina	Monday/Wednesday	5:45pm-6:15pm
3   Water Stamina	Tuesday/Thursday	10:35am-11:05am
3   Water Stamina	Tuesday/Thursday	4:35pm-5:05pm
3   Water Stamina	Tuesday/Thursday	5:10pm-5:40pm
3   Water Stamina	Tuesday/Thursday	5:45pm-6:15pm
3   Water Stamina	Saturday	10:35am-11:05am
3   Water Stamina	Saturday	11:10am-11:40am
3   Water Stamina	Sunday	1:00pm-1:30pm
4   Stroke Introduction	Monday/Wednesday	4:00pm-4:30pm
4   Stroke Introduction	Monday/Wednesday	4:35pm-5:05pm
4   Stroke Introduction	Monday/Wednesday	5:10pm-5:40pm
4   Stroke Introduction	Monday/Wednesday	6:20pm-6:50pm
4   Stroke Introduction	Tuesday/Thursday	10:00am-10:30am
4   Stroke Introduction	Tuesday/Thursday	4:00pm-4:30pm
4   Stroke Introduction	Tuesday/Thursday	5:10pm-5:40pm
4   Stroke Introduction	Tuesday/Thursday	5:45pm - 6:15pm
4   Stroke Introduction	Saturday	10:35am-11:05am
4   Stroke Introduction	Saturday	11:45am-12:15pm
4   Stroke Introduction	Sunday	1:35pm-2:05pm
5   Stroke Development	Monday/Wednesday	4:00pm-4:30pm
5   Stroke Development	Monday/Wednesday	4:35pm-5:05pm
5   Stroke Development	Monday/Wednesday	6:20pm-6:50pm
5   Stroke Development	Tuesday/Thursday	10:35am-11:05am
5   Stroke Development	Tuesday/Thursday	4:00pm-4:30pm
5   Stroke Development	Tuesday/Thursday	5:10pm-5:40pm
5   Stroke Development	Tuesday/Thursday	6:20pm-6:50pm
5   Stroke Development	Saturday	10:00am-10:30am
5   Stroke Development	Saturday	11:10am-11:40am
5   Stroke Development	Sunday	1:00pm-1:30pm
6   Stroke Mechanics	Monday/Wednesday	5:10pm-5:40pm
6   Stroke Mechanics	Monday/Wednesday	6:20pm-6:50pm
6   Stroke Mechanics	Tuesday/Thursday	11:10am-11:40am
6   Stroke Mechanics	Tuesday/Thursday	4:35pm-5:05pm
6   Stroke Mechanics	Tuesday/Thursday	5:45pm-6:15pm
6   Stroke Mechanics	Saturday	10:35am-11:05am
6   Stroke Mechanics	Saturday	11:45am-12:15pm
6   Stroke Mechanics	Sunday	2:10pm-2:40pm
6   Stroke Mechanics+   Porpoise/Pre-Swim Team	Monday/Wednesday	5:45pm-6:15pm
6   Stroke Mechanics+   Porpoise/Pre-Swim Team	Saturday	10:00am-10:30am
<b>TEEN SWIM LESSONS (13-15 YEARS)</b>		
1-3   Swim Basics	Monday/Wednesday	5:10pm-5:40pm
1-3   Swim Basics	Sunday	1:00pm-1:30pm
4-5   Stroke Introduction & Development	Tuesday/Thursday	5:10pm-5:40pm
4-5   Stroke Introduction & Development	Sunday	1:35pm-2:05pm
6   Stroke Mechanics	Tuesday/Thursday	6:20pm-6:50pm
6   Stroke Mechanics	Sunday	2:10pm-2:40pm
<b>ADULT SWIM LESSONS (15+ YEARS)</b>		
1   Adult Beginner   Swim Basics	Saturday	10:00am-10:30am
2   Adult Advanced Beginner   Stroke Introduction	Saturday	10:35am-11:05am
3   Adult Intermediate   Stroke Development	Saturday	11:10am-11:40am
4   Adult Advanced   Stroke Mechanics	Saturday	11:45am-12:15pm