



SWIM LESSON SCHEDULE

JUNE – AUGUST 2017

COA/YMCA North Austin
Community Recreation Center
1000 W. Rundberg Ln.
Austin, TX 78758
512.973.9622
AustinYMCA.org

Parent/Child (6 to 36 mon)

30 minute lessons

A/Water Exploration & Discovery

SAT: 9:05am, 11:30am

Preschool (3-5 years)

30 minute lessons

not currently enrolled in Kindergarten

1/Water Acclimation

M/W: 4:30pm, 5:05pm

T/TH: 4:30pm, 6:35pm

SAT: 8:30am, 10:25am

2/Water Movement

M/W: 4:30pm, 6:15pm

T/TH: 4:30pm, 6:35pm

SAT: 8:30am, 11:00am

3/Water Stamina

M/W: 4:30pm, 6:15pm

T/TH: 4:30pm

SAT: 8:30am

4/Stroke Introduction

T/TH: 6:35pm

SAT: 9:50am

School Age (5-12 years)

"Water": 30 minute lessons

"Stroke": 40 minute lessons

Kindergarten through age 12

1/Water Acclimation

M/W: 5:05pm, 5:40pm

T/TH: 6:00pm

SAT: 11:00am

2/Water Movement

M/W: 5:05pm, 6:50pm

T/TH: 6:00pm, 7:10pm

SAT: 10:25am

3/Water Stamina

M/W: 5:40pm, 6:50pm

T/TH: 6:00pm, 7:10pm

SAT: 9:50am

4/Stroke Introduction

M/W: 5:40pm, 7:15pm

T/TH: 5:05pm

SAT: 9:05am, 11:35am

5/Stroke Development

M/W: 6:30pm

T/TH: 5:05pm

SAT: 9:50am

6/Stroke Mechanics

T/TH: 5:05pm

SAT: 10:35am

Adults (13 years & up)

40 minute lessons

TOW (Terrified of Water)

M/W: 7:25pm; T/TH: 7:10pm

Adult Beginner:

M/W: 7:25pm

SAT: 9:05am

Adult Intermediate:

SAT: 11:20am

Swim League (6-13 years)

60 minute practices

(Must pass through level 5 or test as proficient to join swim league)

Ages 9 and under:

T/TH: 6:00pm

Ages 10 and above:

T/TH: 7:00pm

SESSION DETAILS

MONTH	DAY	REGISTRATION START	REGISTRATION DEADLINE	SESSION DATES	NUMBER OF CLASSES	MEMBER FEE	NONMEMBER FEE
JUNE	M/W	April 17 th	June 2 nd	6/5-6/28	8	\$50.00	\$100.00
	T/TH	April 17 th	June 2 nd	6/6-6/29	8	\$50.00	\$100.00
	Sat	April 17 th	June 2 nd	6/10-7/1	4	\$25.00	\$50.00
JULY	M/W	May 19 th	June 30 th	7/5-7/26	7	\$43.75	\$87.50
	T/TH	May 19 th	June 30 th	7/6-7/27	7	\$43.75	\$87.50
	Sat	May 19 th	July 1 st	7/8-7/29	4	\$25.00	\$50.00
AUGUST	M/W	June 15 th	July 28 th	7/31-8/23	8	\$50.00	\$100.00
	T/TH	June 15 th	July 28 th	8/1-8/24	8	\$50.00	\$100.00
	Sat	June 15 th	July 29 th	8/5-8/26	4	\$25.00	\$50.00

SWIM STARTERS

Parent* & child lessons

A/Water
Discovery &
Exploration



SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

1/Water
Acclimation



2/Water
Movement



3/Water
Stamina



SWIM STROKES

Skills to support a healthy lifestyle

4/Stroke
Introduction



5/Stroke
Development



6/Stroke
Mechanics

