



AQUATICS SWIM LESSONS

Swim Lessons start the week of January 9th, 2024. SSM YMCA members receive priority registration. Advance registration is required.

Bobber	Tues 5:00pm Wed 5:30pm Thur 5:00pm Sat 12:00pm	Swimmer	Tues 5:30pm, 6:30pm Wed 6:30pm Thur 5:00pm, 6:30pm Sat 11:30am
Floater / Glider	Tues 5:30pm, 6:30pm Wed 5:00pm Thur 5:30pm, 6:30pm Sat 12:00pm	Star 1 - 2	Tues 5:00pm Wed 5:30pm Thur 5:00pm Sat 11:30am
Diver	Tues 6:00pm Wed 5:00pm Thur 5:30pm, 6:00pm Sat 11:00am	Star 3 - 4	Tues 5:00pm
Otter / Seal	Tues 6:00pm Wed 6:00pm, 6:30pm Thur 5:30pm Sat 11:00am	Star 5 - 6	Sat 10:45am(45mins)
Dolphin	Tues 5:30pm Wed 6:00pm, 6:30pm Thur 6:00pm Sat 11:30am	Adult Beginner	Tues 6:00pm(45mins)
		Adult Intermediate	Thur 6:00pm(45mins)
		Bronze Medallion**	Wed 5:00pm(90mins)
		Lifesaving Club	Fri 5:00pm(60mins)
		Private	Tues 4:30pm Wed 4:30pm Thur 4:30pm



**Bronze Medallion is free to members.
Prerequisites: 13 yrs or Bronze Star. Must be strong enough to swim 6 lengths and tread 2 mins.

**Swim Lessons are
FREE for Members**

Limit 1 swim registration per
child, per season.

Children ages 6-10 years may have their swim level assessed every visit.

If they are successful: May swim unaccompanied. An adult (16+) must remain in pool area and be responsible for the children's supervision.

If they are not successful: Must be accompanied in water by an adult (16+) and may wear a life jacket. 2 children: 1 guardian ratio