

# LANSDOWNE YMCA SWIM LESSONS



**Session Dates: October 31 – December 23, 2022**

## Activity Name Day & Times

Parent/Child (Stages A&B)	Mon, 4pm
Parent/Child (Stages A&B)	Sat, 9:25am
Preschool Stage 1	Mon, 4pm
Preschool Stage 1	Fri, 4pm
Preschool Stage 1	Sat, 11:30am
Preschool Stage 2	Mon, 4pm
Preschool Stage 2	Fri, 4pm
Preschool Stage 2	Sat, 9:25am
Preschool Stage 3	Sat, 11:30am
Adult/Teen Swim Lessons	Mon, 8:50am
Adult/Teen Swim Lessons	Mon, 9:35am
Adult/Teen Swim Lessons	Mon, 10:20am
Adult/Teen Swim Lessons	Tues, 11am
Adult/Teen Swim Lessons	Wed, 8:50am
Adult/Teen Swim Lessons	Wed, 9:35am
Adult/Teen Swim Lessons	Wed, 10:20am
Adult/Teen Swim Lessons	Thurs, 11am
Adult/Teen Swim Lessons	Fri, 8:50am
Adult/Teen Swim Lessons	Fri, 9:35am
Adult/Teen Swim Lessons	Sat, 1pm

## Activity Name

School Age Stage 1	Mon, 4:35pm
School Age Stage 1	Wed, 3:50pm
School Age Stage 1	Wed, 4:35pm
School Age Stage 1	Fri, 4:35pm
School Age Stage 1	Sat, 8:40am
School Age Stage 1	Sat, 10am
School Age Stage 1	Sat, 10:45am
School Age Stage 1	Sat, 1pm
School Age Stage 2	Mon, 4:35pm
School Age Stage 2	Wed, 3:50pm
School Age Stage 2	Wed, 4:35pm
School Age Stage 2	Fri, 4:35pm
School Age Stage 2	Sat, 8:40am
School Age Stage 2	Sat, 10am
School Age Stage 2	Sat, 10:45am
School Age Stage 2	Sat, 12:15pm
School Age Stage 3	Mon, 4:35pm
School Age Stage 3	Sat, 10:45am
School Age Stage 3	Sat, 12:15pm
School Age Stage 4	Wed, 4:35pm
School Age Stage 4	Sat, 12:15pm
School Age Stage 5	Fri, 4:35pm



For more info,  
scan the QR Code!

## PRICING:

**For Parent/Child,  
& Preschool Lessons:**  
\$45 Member  
\$85 Non-Member

**Youth and Adult,  
& Teen Lessons:**  
\$55 Member  
\$95 Non-Member

# LANDSDOWNE YMCA SWIM LESSONS



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## SWIM STAGES & DESCRIPTIONS

### **Parent/ Child Stages A/B**

For swimmers ages 6 months to 3 years of age. Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

### **Preschool (ages 3–5) / Youth (ages 6–12) Stages**

Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit? Jump, push, turn, grab.

### **ADULT/TEEN**

Swim lessons for ages 13+ for beginner to intermediate skill levels. Taught in the shallow end of the pool with Y instructor in the water.

For more detailed information visit [cyedc.org](http://cyedc.org) or scan the QR code below.



### **CONTACT INFO:**

Chris Blakney – Aquatic Director

Emails: [cblakney@cyedc.org](mailto:cblakney@cyedc.org)

Phone: 610.259.1661 Ext. 3013

## IMPORTANT:

You and your child's health and safety and that of our staff team is very important to us. **All group swim lessons for stages A and B only will require a parent/guardian to get into the pool with the participant.** Parents of stage 1 swimmers who will not get into the pool with an instructor may be asked to get into the pool with their child.

Our instructors will guide you to help teach your child in the pool. Masks are required for all adults and children 2 years of age and over until they enter the water. **For all group swim lessons for stages Youth 1 and higher the swim instructor will be in the water, socially distant with a face shield.**