SWIM LESSONS

FALL 2 2026 Session Dates: October 19 – December 12, 2026
Registration Dates: October 5-15

WHAT YOU NEED TO KNOW:

Pricing below is for the entire 7 week session. Each class has a maximum number of swimmers per instructor. If a class does not meet the minimum number of swimmers, participants may be reassigned to a different class. Swim lessons are open to Y members & non-members!

*No classes Saturday, October 31st. Saturday lessons will be prorated to 6 weeks.
*No classes week of Thanksgiving (11/23 - 11/28).

A $5 key tag charge is required for non-members and is refundable at the end of the session.

SWIM STARTERS – FAMILY POOL
For Parent & Child 6 months – 3 years

Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.
(Max 10 students)
Cost: 1 lesson per week: $42 members / $84 non-members
Class Availability:
Wednesday 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Saturday 9:00- 9:30 a.m. | 9:40 - 10:10 a.m.

SWIM BASICS & STROKES – FAMILY POOL
For Children 3-12 years

Outcomes for Swim Basics Stages 1-4: swimmers will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim-sequencing, front glide, roll back float, exit jump, push, turn & grab.
STAGES 1&2:
Cost:

- **One lesson per week: $42 / $84 non-members**
- **Two lessons per week: $75.60 members / $151.20 non-members**

Stage 1: Water Acclimation
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.
(Max 5 students)
Class Availability:
Monday 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Tuesday 4:30 - 5:00 p.m. | 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Wednesday 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Thursday 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Saturday 9:00 - 9:30 a.m.

Stage 2: Water Movement
Encourages forward movement in water & basic self-rescue skills performed independently.
(Max 5 students).
Class Availability:
Monday 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Tuesday 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Wednesday 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Thursday 4:30 - 5:00 p.m. | 5:15 - 5:45 p.m. | 6:00 - 6:30 p.m.
Saturday 9:40 - 10:10 a.m.

FOR MORE INFORMATION, EMAIL ALLISCIA.KOEHLER@DECATURYMCA.ORG

SWIM LESSONS

STAGES 3&4:
Cost:

- **One lesson per week: $56 members / $112 non-members**
- **Two lessons per week: $100.80 members / $201.60 non-members**

Stage 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.
(Max 6 students)

Class Availability:

Monday 5:15 - 5:55 p.m. | 6:00 - 6:40 p.m.
Tuesday 5:15 - 5:55 p.m.
Thursday 5:15 - 5:55 p.m. | 6:00 - 6:40 p.m.

Stage 4: Stroke Introduction

Introduces basic stroke technique in front crawl and reinforces water safety through treading water & elementary backstroke.
(Max 6 students)

Class Availability:

Monday 4:30 - 5:10 p.m.
Wednesday 5:15 - 5:55 p.m. | 6:00 - 6:40 p.m.

TEEN/ADULT
For Ages 13+

YMCA teen and adult swim lessons are designed for those with little or no swimming experience. Skills will include water acclimation, floating, breathing techniques, and basic swim strokes: freestyle and backstroke.
Beginner classes are held in the Family Pool; Intermediate classes are held in the Lap Pool.

Cost: 1 lesson per week: $56 members / $112 non-members

Class Availability:

Tuesday 6:00 - 6:40 p.m.

INDIVIDUAL & SMALL GROUP PRIVATE SWIM LESSONS

Private lessons are taught outside of regular lesson times with only Y/USA certified coaches and instructors. Participants wanting a small group class with 2 or 3 swimmers must register at the same time as the other participants.

Lesson time and instructor must be arranged prior to registering for classes.

Private swim lessons are now open for Y members & non-members!!

Cost for 4, :30 minute lessons
****Pricing is per participant****
1 Swimmer - $110 member / $220 non-member
2 Swimmers - $85 per member / $170 per non-member
3 Swimmers - $70 per member / $140 per non-member
4 Swimmers - $55 per member / $110 per non-member

Cost for 8, :30 minute lessons
****Pricing is per participant****
1 Swimmer - $175 member / $350 non-member
2 Swimmers - $135 per member / $270 per non-member
3 Swimmers - $110 per member / $220 per non-member
4 Swimmers - $85 per member / $170 per non-member

REGISTER ONLINE AT DECATURYMCA.ORG/REGISTER.

FOR MORE INFORMATION, EMAIL

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