



Spring II Session
April 21, 2025–
June 8, 2025

Registration:

Full Privilege: April 7, 2025

Program members: April 14, 2025

Registration closes: May 4, 2025

No classes May 26, 2025

GROUP SWIM LESSONS

Register online at the front desk

Email Aquatics
Gil Gilmore
Aquatics Training Specialist at
Emily.Gilmore@ymcadc.org
with any questions!
(703)-838-8085

EASY TO ENROLL

***ACTIVE YMCA MEMBERSHIP IS REQUIRED**
PRIOR TO REGISTRATION*



Swim Lessons Schedule

April 21, 2025 - June 8, 2025



BABIES (6 months through 2 years)

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Water Discovery Stage A	Saturday	9:00 AM	9:30 AM	02101-62	\$99	\$163
Water Discovery Stage A	Sunday	9:00 AM	9:30 AM	02101-12	\$99	\$163
Water Exploration Stage B	Saturday	9:35 AM	10:05 AM	02101-48	\$99	\$163
Water Exploration Stage B	Sunday	9:35 AM	10:05 AM	02101-05	\$99	\$163
Water Independence Stage C	Sunday	10:10 AM	10:40 AM	02101-30	\$99	\$163

Participants in Stage C should have taken a Parent Child course previously. Stage C is designed to help preschoolers develop more independence while preparing for Pre School Stage 1, Water Acclimation.

PRESCHOOL CLASSES (3 years through 5 years)

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Stage 1 - Water Acclimation	Tuesday	4:00 PM	4:30 PM	02101-63	\$99	\$163
Stage 1 - Water Acclimation	Saturday	10:10 AM	10:40 AM	02101-09	\$99	\$163
Stage 1 - Water Acclimation	Sunday	10:45 AM	11:15 AM	02101-10	\$99	\$163
Stage 1 - Water Acclimation	Saturday	12:30 PM	1:00 PM	02101-70	\$99	\$163
Stage 1 - Water Acclimation	Sunday	12:35 PM	1:05 PM	02101-71	\$99	\$163
Stage 2 - Water Movement	Tuesday	4:35 PM	5:05 PM	02102-76	\$99	\$163
Stage 2 - Water Movement	Thursday	4:25 PM	4:55 PM	02102-74	\$99	\$163
Stage 2 - Water Movement	Thursday	5:00 PM	5:30 PM	02102-78	\$99	\$163
Stage 2 - Water Movement	Saturday	10:40 AM	11:10AM	02102-02	\$99	\$163
Stage 2 - Water Movement	Saturday	11:15 AM	11:45 AM	02102-72	\$99	\$163
Stage 2 - Water Movement	Sunday	11:20 AM	11:50 AM	02102-04	\$99	\$163
Stage 3 - Water Stamina	Saturday	10:45 AM	11:15 AM	02103-01	\$99	\$163
Stage 3 - Water Stamina	Saturday	11:50 AM	12:20 PM	02103-05	\$99	\$163
Stage 3 - Water Stamina	Sunday	11:55 AM	12:25 PM	02103-02	\$99	\$163
Stage 4 Stroke Introduction	Saturday	11:55 AM	12:25 PM	02104-03	\$99	\$163
Stage 4 Stroke Introduction	Sunday	12:00 PM	12:30 PM	02104-04	\$99	\$163



Swim Lessons Schedule

April 21, 2025 - June 8, 2025

YOUTH (6 years through 12 years)

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Stage 1 - Water Acclimation	Sunday	10:30 AM	11:10 AM	02201-03	\$117	\$201
Stage 2 - Water Movement	Saturday	9:55 AM	10:35 AM	02202-38	\$117	\$201
Stage 2- Water Movement	Sunday	9:00 AM	9:40 AM	02202-03	\$117	\$201
Stage 3 - Water Stamina	Friday	4:50 PM	5:30 PM	02203-04	\$117	\$201
Stage 3-Water Stamina	Saturday	9:10 AM	9:50 AM	02203-01	\$117	\$201
Stage 3 - Water Stamina	Sunday	9:45 AM	10:25 AM	02203-03	\$117	\$201
Stage 4- Stroke Introduction	Friday	5:35 PM	6:15 PM	02204-06	\$117	\$201
Stage 4- Stroke Introduction	Saturday	12:25 PM	1:05 PM	02204-02	\$117	\$201
Stage 4- Stroke Introduction	Sunday	11:15 AM	11:55 AM	02204-05	\$117	\$201
Stage 5 - Stroke Development	Sunday	12:30 PM	1:10 PM	02204-04	\$117	\$201

ADULT SWIM LESSONS (13 years old and above)

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Adult - Beginner	Tuesdays	7:10 PM	7:50 PM	02301-01	\$117	\$201
Adult - Intermediate	Thursdays	7:10 PM	7:50 PM	02301-04	\$117	\$201
Adult - Advanced	Wednesdays	7:00 PM	7:40 PM	02301-03	\$117	\$201
Adult - Fit Swim	Wednesday	7:00 AM	8:00 AM	02301-10	\$117	\$201

For additional information regarding lessons please refer to the lesson descriptions and/or ask the aquatic's team!



YMCA Swim Lessons Stages



STAGE DESCRIPTIONS

SWIM STARTERS

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.



A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students 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



1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



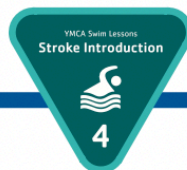
2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.