



Youth Swim Lesson Schedule

YMCA of Kingston and Ulster County

January 8th- February 18th

Classes meet once weekly at designated day and time.

Contact Membership to Register. 845-338-3810

Level Names	Ratios	MONDAY	WEDNESDAY	SATURDAY	SUNDAY
Water Discovery 6-18 mos. 30 MINUTES	1:09			10:00AM	
Water Exploration 19mos.-3yrs. 30 MINUTES	1:09			11:00AM	
Preschool 3-5yrs					
A. Water Acclimation 30 MINUTES	1:03	3:30PM 4:05PM	3:30PM 5:00PM	11:00AM	8:30AM 9:05AM
A. Water Movement 30 MINUTES	1:03	3:30PM 4:05pm	3:30PM 5:00pm	11:00AM	8:30AM 9:05AM
A. Water Stamina 30 MINUTES	1:04	3:30PM 4:05pm	3:30PM		
A. Stroke Introduction 30 MINUTES	1:04				
School Age-6-12yrs.					
B. Water Acclimation 45 MINUTES	1:03	4:35PM	3:30 PM 4:00pm	10:00AM	8:10 AM 9:05AM
B. Water Movement 45 MINUTES	1:03	4:35PM	4:00pm	10:00AM	8:10 AM
B. Water Stamina 45 MINUTES	1:04	4:35PM	4:00pm	10:00AM	8:10 AM
B. Stroke Introduction 45 MINUTES	1:04			11:00AM	9:05AM
B. Stroke Development 45 MINUTES	1:04	4:35pm		11:00AM	
B. Stroke Mechanics 45 MINUTES	1:04		4:00pm		
Teen & Adult					
1. Water Acclimation 45 MINUTES	1:03				8:00AM

PLEASE NOTE: In accordance with established policies, Due to safety ratios and ongoing class enrollment, the YMCA can not accommodate make-ups for missed classes. No Refunds will not be given for classes missed.

This schedule is subject to change based on class sizes.