

YMCA PROGRESSIVE SWIM STAGES

Our Y follows the YMCA of the USA's progressive swim lesson program that guides young swimmers through multiple stages of swimming proficiency – from the earliest stages of learning to put their faces in the water to developing strength, endurance, and the ability to swim all four competitive strokes.

Which level is right for your child? please review the descriptions below. We also encourage you to schedule a swim evaluation with our Aquatics Director Joe Winston at (508) 409-0765 or jwinston@attleboroyymca.org.



YOUTH SWIM LESSONS – Winter/Spring 2023

	Parent/Child	Preschool Classes			Youth Classes		
	Swim Starters	Transitions	Swim Basics (1-3) Swim Strokes (4)		Swim Basics (1-3) Swim Strokes (4-6)		
	Stages A & B		1 & 2	3 & 4	1 & 2	3 & 4	5 & 6
MON 9:30 AM	X						
MON 10:10		X					
MON 4:00 PM			X	X		X	
MON 4:50 PM			X		X	X	
MON 5:40 PM					X	X	X
TUE 4:00 PM			X		X	X	
TUE 4:50 PM			X	X		X	
TUE 5:40 PM					X	X	X
WED 4:00 PM		X			X	X	
WED 4:50 PM			X		X	X	
WED 5:40 PM			X		X		X
THU 4:00 PM			X		X	X	
THU 4:50 PM			X	X	X		
THU 5:40 PM					X	X	X
SAT 8:50 AM	X		X			X	
SAT 9:40 AM	X		X				
SAT 10:30 AM	X		X		X	X	
SAT 11:20 AM		X		X	X	X	
SUN 8:50 AM			X		X	X	
SUN 9:40 AM	X		X	X			X
SUN 10:30 AM	X	X	X	X		X	
SUN 11:20 AM			X	X	X	X	

Member: \$60/month | Non-Member: \$90/month
Parent/Child lessons are FREE for Family and Single-Parent Family Members!

Interested in private lessons?
 Please contact Jeanne Sharples at jsharples@attleboroymca.org.