Woodbury YMCA
Swim Lessons Schedule

Late Fall 2026 October 26-December 13

(651) 731-9507 ymcanorth.org/woodbury

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ABOUT Y SWIM LESSONS

The Y strives to help all ages learn how to swim, so they can stay safe around water and learn the skills needed to make swimming a lifelong pursuit for healthy living.

The YMCA is centered on five core values: caring, honesty, respect, responsibility, and equity. Swim Lessons include age-appropriate opportunities to define, model and celebrate these core values. We utilize low instructor to participant ratios, ranging from 1 instructor to 4-6 participants, depending on stage.

Swim Lessons provide important life skills that could save a life, and will benefit you for a lifetime. All YMCA swim instructors are highly trained in our nationally recognized swim lesson curriculum. To ensure safety at all times all of our pools have a certified lifeguard on duty.

You don't need to be a member of the Y to take swimming lessons, but members receive a discount on lessons and access to early registration. Participating child must be a Y member to receive member rate and early registration.

GROUP SWIM LESSONS

In YMCA Group Swim Lessons, a natural progression promotes safe and effective swimming for all ages- from infants learning to love the water to advanced swimmers perfecting their strokes. All age groups are taught the same skills, divided into stages according to developmental milestones.

More information on stage prerequisites can be found on the Lesson Selector, or by visiting ymcanorth.org/swimmin

SWIM SAFETY LESSONS

The Y's Swim Safety program focuses on developing water comfort and basic self-rescue skills. Children not yet proficient in swim strokes gain confidence in and around the water. Instructors guide practice in safe water entry and exit, floating, and submersion. Swim Safety Lessons are offered by age.

SPECIALTY CLASSES

Children, teens and adults expand their skills and knowledge with YMCA Aquatics Specialty classes. Program offerings vary by location and may include swim team preparation, Adaptive instruction, leadership and more.

PRIVATE AND SEMI-PRIVATE LESSONS

Private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give participants individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals. Private and semi-private lessons are 30 minutes in length, and can begin at any time.

To arrange lessons, please contact the Aquatics Department.

PRIVATE LESSON RATES

Members	Non-Members
• 1 lesson $48 • 3 lessons $137 • 7 lessons $298	• 1 lesson $99 • 3 lessons $279 • 7 lessons $609

BUDDY SWIM RATES

Members	Non-Members
• 3 lessons $204 • 7 lessons $415	• 3 lessons $429 • 7 lessons $869

REGISTRATION BEGINS 10/7/26 FOR YMCA OF THE NORTH MEMBERS

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

- 6 months–3 years — **PARENT* & CHILD: STAGES A–B**
- 3 years–5 years — **PRESCHOOL: STAGES 1–6**
- 5 years–12 years — **SCHOOL AGE: STAGES 1–6**
- 12+ years — **TEEN & ADULT: STAGES 1–6**

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10–15 yards on his or her front and back with face in the water?	NOT YET	3 / WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Monday	October 26-December 7
5:00 pm-5:30 pm	
Preschool Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stage 4	$70/$140
5:35 pm-6:05 pm	
Preschool Swim Lessons Stages 2-3	$70/$140
School Age Swim Lessons Stage 3	$70/$140
School Age Swim Lessons Stage 4	$70/$140
6:10 pm-6:40 pm	
Preschool Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stage 4	$70/$140
6:45 pm-7:15 pm	
Preschool Swim Lessons Stages 2-3	$70/$140
School Age Swim Lessons Stage 3	$70/$140
Teen Swim Lessons Stages 1-3	$70/$140

Tuesday	October 27-December 8
5:00 pm-5:30 pm	
Parent/Child Swim Starters Stages A-B	$70/$140
Preschool Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stages 1-2	$70/$140
5:35 pm-6:05 pm	
Preschool Swim Lessons Stages 2-3	$70/$140
School Age Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stage 3	$70/$140
6:10 pm-6:40 pm	
Preschool Swim Lessons Stages 1-2	$70/$140
Teen Swim Lessons Stages 4-6	$70/$140
Adult Swim Lessons Stages 1-3	$70/$140
6:45 pm-7:15 pm	
Preschool Swim Lessons Stages 2-3	$70/$140
School Age Swim Lessons Stage 4	$70/$140
Youth Adaptive Swim Lessons	$80/$160

Wednesday	October 28-December 9
5:00 pm-5:30 pm	
School Age Swim Lessons Stages 1-2	$70/$140
5:35 pm-6:05 pm	
School Age Swim Lessons Stage 3	$70/$140
6:10 pm-6:40 pm	
School Age Swim Lessons Stages 1-2	$70/$140
6:45 pm-7:15 pm	
School Age Swim Lessons Stage 3	$70/$140

Thursday	October 29-December 10
5:00 pm-5:30 pm	
Preschool Swim Lessons Stages 1-2	$60/$120
School Age Swim Lessons Stage 4	$60/$120
5:35 pm-6:05 pm	
Preschool Swim Lessons Stages 2-3	$60/$120
School Age Swim Lessons Stage 5	$60/$120
6:10 pm-6:40 pm	
Preschool Swim Lessons Stages 1-2	$60/$120
School Age Swim Lessons Stage 6	$60/$120
6:45 pm-7:15 pm	
Preschool Swim Lessons Stages 2-3	$60/$120
Adult Swim Lessons Stages 4-6	$60/$120

Saturday	October 31-December 12
9:30 am-10:00 am	
Preschool Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stage 4	$70/$140
10:10 am-10:40 am	
Preschool Swim Lessons Stages 2-3	$70/$140
School Age Swim Lessons Stage 3	$70/$140
Adult Swim Lessons Stages 1-3	$70/$140
10:45 am-11:15 am	
School Age Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stage 3	$70/$140
School Age Swim Lessons Stage 4	$70/$140
11:15 am-11:45 am	
School Age Swim Lessons Stages 1-2	$70/$140
School Age Swim Lessons Stage 3	$70/$140
Teen Swim Lessons Stages 1-3	$70/$140
12:00 pm-12:30 pm	
School Age Swim Lessons Stage 4	$70/$140
12:35 pm-1:05 pm	
School Age Swim Lessons Stage 5	$70/$140
1:10 pm-1:40 pm	
School Age Swim Lessons Stage 6	$70/$140
1:45 pm-2:30 pm	
Swim Crew - 45 Min	$104/$208

Lesson availability varies by location. Schedules subject to change.

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