

Youth Swim Lessons

Parent & Child Level A: Ages 6 months – 3 years

This class is designed for children who have either no water experience or one previous session of water adjustment lessons.

Sunday, 9:00 - 9:30 a.m.

Saturday, 9:00 - 9:30 a.m.

Parent & Child Level B: Ages 18 months – 5 years

Parents participate with children to learn water adjustment and safety skills. This class is designed for children who have had two or more previous sessions of water adjustment lessons, or children ages 3 – 5 years old who have little or no previous experience with water adjustment, are reluctant to enter the water or submerge, or may benefit from parental presence and support in the water.

Sunday, 9:00 - 9:30 a.m.

Saturday, 11:00 - 11:30 a.m.

Preschool Swim: Ages 3 – 5 years

Focusing on the developmental skills of preschool-aged children.

Tuesdays, 3:30 - 4:00 p.m.

Thursday, 3:30 - 4:00 p.m.

Saturday, 9:00 - 9:30 a.m.

Saturday, 9:30 - 10:00 a.m.

Saturday, 10:30 - 11:00 a.m.

Sunday, 10:00 - 10:30 a.m.

Beginner Swim: Ages 6 years & up

Tuesday, 4:00 - 4:30 p.m.

Thursday, 4:00 - 4:30 p.m.

Saturday, 10:00 - 10:30 a.m.

Saturday, 10:30 - 11:00 a.m.

Saturday, 11:00 - 11:30 a.m.

Sunday, 9:00 - 9:30 a.m.

Sunday, 10:30 - 11:00a.m.

Intermediate Swim: Ages 6 years & up

Tuesday, 4:30 - 5:00 p.m.

Thursday, 4:30 - 5:00 p.m.

Saturday, 9:00 - 9:30 a.m.

Saturday, 10:30 - 11:00 a.m.

Sunday, 9:30 - 10:00 a.m.

Advanced Swim: Ages 6 years & up

Saturday, 9:30 - 10:30 a.m.

Adult Swim Lessons

Basic Swim

Designed for non-swimmers, this course focuses on basic water skills including water adjustment, floating on the front and basic safety precautions.

Wednesday, 7:30 - 8:00 p.m.

Beginner Swim

This class is for swimmers who have mastered floating, prone glide, beginning crawl stroke, back float and basic backstroke.

Wednesday, 8:00 - 8:30 p.m.

Stroke & Endurance: Ages 13 years & up

A course designed to improve your swim strokes and endurance level.

Tuesday, 7:15 - 8:00 p.m.

All are welcome to come and experience our coed Health & Wellness Center during our week-long Open House.

Take a fitness class or a dip in the pool or both—for FREE! No strings attached, no visit limits, just sign in at the Front Desk to get access to our entire Health & Wellness Center.

- Treadmills, weights and strength equipment
- Pool
- Basketball Court
- Fitness Classes: Yoga, Zumba, Capoeira, Pilates, Kinetic Empowerment

Come with friends, come alone, come early morning or come after work—just don't miss this opportunity to see what the YWCA has to offer you!

[Click here to see our Class and Program Guide!](#)