



SPRING 2026 SWIM LESSONS

MARCH - MAY 2026



Get summer ready with YMCA group swim lessons!

Build confidence, learn essential water safety skills, and strengthen strokes in a fun, supportive environment. Whether your swimmer is just starting out or ready to improve, now is the time to jump in.

WEEKDAY LESSONS

SESSION: 8, 30-MIN. LESSONS PER MONTH
COST: \$55 MEMBERS, \$100 NONMEMBERS

| WHEN | MONDAY/WEDNESDAY | | TUESDAY/THURSDAY | |
|---------------------|--|----------------|---|----------------|
| SESSIONS | March: 2, 4, 9, 11, 16, 18, 23 & 25 April: 6, 8, 13, 15, 20, 22, 27 & 29 May: 4, 6, 11, 13, 18, 20, 25 & 27 | | March: 3, 5, 10, 12, 17, 19, 24 & 26 April: 7, 9, 14, 16, 21, 23, 28 & 30 May: 5, 7, 12, 14, 19, 21, 26 & 28 | |
| 4:10-4:40 PM | Stages 1-4 | | Stages 1-4 | |
| 4:45-5:15 PM | Stages 1-4 | | Stages 1-4 | |
| 5:20-5:50 PM | Stages 1-4 | | Stages 1-4 | |
| 5:55-6:25 PM | Stage A | Stage 5 | Stage B | Stage 5 |
| 6:30-7:00 PM | Adult | Stage 6 | Teen | Stage 6 |

WEEKEND LESSONS

SESSION: 4, 30-MIN. LESSONS PER MONTH
COST: \$30 MEMBERS, \$60 NONMEMBERS

| WHEN | SATURDAYS ONLY | | |
|-----------------------|--|----------------|----------------|
| SESSIONS | March: 7, 14, 21, & 28 April: 4, 11, 18, & 25 May: 2, 9, 16, & 23 | | |
| 9:30-10:00 AM | Stage A | Adult | |
| 10:05-10:35 AM | Stage B | Stage 5 | Stage 6 |
| 10:40-11:10 AM | Stages 1-4 | | |
| 11:15-11:45 AM | Stages 1-4 | | |
| 11:50-12:20 PM | Stages 1-4 | | |
| 12:25-12:55 PM | Teen | Stage 5 | Stage 6 |

GROUP SWIM LESSONS: 6 MONTHS – AGE 12

| | LEVEL | SKILLS |
|----------|---|---|
| STARTERS |  A WATER DISCOVERY (6-18 Months) | Parents accompany their child as they are introduced to the aquatic environment through fun exploration in the water. |
| |  B WATER EXPLORATION (18-36 Months) | Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. |
| BASICS |  S1 WATER ACCLIMATION (3-12 Years) | Build comfortability in and around the water by learning to confidently submerge and recover. |
| |  S2 WATER MOVEMENT (3-12 Years) | Focus on mastering independent front and back floats and learn how to switch between the two. |
| |  S3 WATER STAMINA (3-12 Years) | Learn how to swim to safety using the swim-float-swim sequence and water treading basics. |
| STROKES |  S4 STROKE INTRODUCTION (3-12 Years) | Learn to glide on their side (intro to rhythmic breathing) and build their treading water endurance. |
| |  S5 STROKE DEVELOPMENT (6-12 Years) | Building endurance and refining their freestyle and backstroke. Resting strokes are introduced. |
| |  S6 STROKE MECHANICS (6-12 Years) | Practicing a variety of skills such as freestyle, backstroke, breaststroke, butterfly, turns, and dives. |

TEEN AND ADULT CLASSES

| | LEVEL | SKILLS |
|--------|------------------------------|--|
| BASICS | TEEN (13-17 Years) | For older youth to learn swim basics and water safety skills so they can be safe and confident around the water. |
| | ADULTS (18+ Years) | Swim basics for adults – Class will be adapted to the needs of the group. No prior experience required. |

ASSESSMENTS: On the first day of class, swimmers are assessed and grouped by ability to ensure instruction matches each swimmer's skill level. If you are signed up for a time that does not best align with your child's needs, you may be asked to transfer to a different time to ensure appropriate instruction.

ACCOMMODATIONS: We believe everyone deserves the opportunity to learn to swim. We're dedicated to providing inclusive swim lessons and are happy to discuss accommodations to meet your specific needs. Please reach out to our Aquatics Director for more information.

PLEASE NOTE:

1. Children who are not potty trained must wear a vinyl swim diaper.
2. A minimum of three participants is required for each class. If fewer than three are enrolled, you will be contacted with alternative options.
3. Classes may be canceled due to inclement weather or unforeseen pool mechanical issues.

QUESTIONS:

Aquatics Director Lilly Harris at 803.407.8007 ext. 218 or lillyharris@columbiaymca.org

PRIVATE LESSONS

One-on-one instruction for any age or level. Dependent upon available instructors and pool space.

Members: \$30/1, \$95/4, \$175/8, \$250/12

Nonmembers: \$150/4

Get started by visiting Member Services or columbiaymca.org.



REGISTER TODAY!

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