

McCormick YMCA Swim Lesson Schedule

Monday

4:30-5:10 pm	Stage 1: Water Acclimation
	Stage 2: Water Movement
	Stage 3: Water Stamina
5:20-6:00 pm	Stage 1: Water Acclimation
	Stage 3: Water Stamina
	Stage 4: Stroke Introduction
6:10-6:50 pm	Stage 1: Water Acclimation
	Stage 3: Water Stamina
	Teen & Adult Lessons
7:00-7:40 pm	Stage 2: Water Movement
	Stage 4: Stroke Introduction
	Stage 5 Stroke Development
	Stage 6: Stoke Mechanics

Tuesday

4:30-5:10 pm	Stage 1: Water Acclimation
	Stage 2: Water Movement
	Stage 3: Water Stamina
5:20-6:00 pm	Stage 1: Water Acclimation
	Stage 2: Water Movement
	Stage 4: Stroke Introduction
6:10-6:50 pm	Stage 2: Water Movement
	Stage 4: Stroke Introduction
	Stage 5 Stroke Development
	Stage 6: Stoke Mechanics
7:00-7:40 pm	Stage 1: Water Acclimation
	Stage 3: Water Stamina
	Teen & Adult Lessons

Wednesday

4:30-5:10 pm	Stage 1: Water Acclimation
	Stage 2: Water Movement
	Stage 3: Water Stamina
5:20-6:00 pm	Stage 1: Water Acclimation
	Stage 3: Water Stamina
	Stage 4: Stroke Introduction
6:10-6:50 pm	Stage 1: Water Acclimation
	Stage 2: Water Movement
	Stage 3: Water Stamina
7:00-7:40 pm	Stage 2: Water Movement
	Stage 4: Stroke Introduction
	Stage 5 Stroke Development &
	Stage 6: Stoke Mechanics

Saturday

9:00-9:40 am	Stage 2: Water Movement
	Stage 3: Water Stamina
	Stage 5 Stroke Development & Stage 6: Stoke Mechanics
9:45-10:25 am	Stage A: Water Discovery & Stage B: Water Exploration
	Stage 1: Water Acclimation
	Stage 2: Water Movement
10:30-11:15 am	Stage 4: Stroke Introduction
	Stage 5 Stroke Development & Stage 6: Stoke Mechanics
	Teen & Adult Lessons
11:20 am - 11:55am	Stage A: Water Discovery & Stage B: Water Exploration
	Stage 1: Water Acclimation
	Stage 2: Water Movement

Sunday

10:40-11:15 am	B: Water Exploration
	Stage 1: Water Acclimation
	Stage 2: Water Movement
11:25-12:05 pm	Stage 4: Stroke Introduction
	Stage 6: Stoke Mechanics
	Teen & Adult Lessons
12:10 - 12:50 pm	Stage A: Water Discovery & Stage B: Water Exploration
	Stage 1: Water Acclimation
	Stage 2: Water Movement
12:55 - 1:35 pm	Stage 1: Water Acclimation
	Stage 3: Water Stamina
	Stage 5 Stroke Development &
	Stage 6: Stoke Mechanics

