



Swim Lessons

Winter 1, 2026: January 5th – February 22nd

Parent & Child Classes Ages 6 mo–3 years

Registration Fees

- Members \$50
- General Public \$90

Parent & Child Aquatics Level 1

Level 1 for ages 6 mo–2 years.

Wednesdays 4:25 pm – 4:55 pm
Thursdays 10:30 am – 11:00 am

Parent & Child Aquatics Level 2

Level 2 for ages 2–3.

Wednesdays 5:00 pm – 5:30 pm

Registration Opens

Members: December 8th
General Public: December 11th

All registrations after January 1st will have a \$5 late registration fee.

Scholarships and financial assistance are available for membership and programming. Call for more information!



Preschool Classes Ages 3–5 years

Registration Fees

- Members \$50
- General Public \$90

Preschool Level 1

Register for Level 1 if you are new to preschool swim lesson, or were recommended for level 1.

Mondays 5:05 pm – 5:35 pm
Mondays 5:40 pm – 6:10 pm
Tuesdays 5:00 pm – 5:30 pm
Thursdays 9:55 am – 10:25 am
Thursdays 4:10 pm – 4:40 pm

Preschool Level 2

Register for Level 2 if you were recommended for level 2 or can glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then stand up.

Mondays 5:05 pm – 5:35 pm
Tuesdays 4:20 pm – 4:50 pm

Learn-to-Swim Ages 6 and Up

Registration Fees

- Members \$59
- General Public \$99

Learn-to-Swim Level 1

Register for Level 1 if you were in School Age Stage 1, Preschool Stage 1 or 2.

Mondays 4:10 pm – 4:55 pm
Tuesdays 5:45 pm – 6:30 pm
Thursdays 4:50 pm – 5:35 pm

Learn-to-Swim Level 2

Register for Level 2 if you were in Stage 2.

Mondays 4:10 pm – 4:55 pm
Thursdays 5:45 pm – 6:30 pm
Saturdays 8:30 am – 9:15 am

Learn-to-Swim Level 3

Register for Level 3 if you were in a School Age Stage 3 or School Age Stage 4.

Mondays 5:45 pm – 6:30 pm
Tuesdays 4:10 pm – 4:55 pm
Thursdays 5:00 pm – 5:45 pm

Learn-to-Swim Level 4

Register for Level 4 if you were recommended by our Aquatics team. Please contact Mindy if you have questions or for a swim eval.

Thursdays 5:50 pm – 6:35 pm
Saturdays 8:30 am – 9:15 am

REGISTER HERE



More program information on the back.

Swim Lessons Program Information



Parent & Child Classes

Level 1:

Recommended for ages 6 months - 2 years old. Adults learn how to support and hold their child, while encouraging them try skills.

Level 2:

Recommended for ages 2 - 3. Prepares swimmers for Preschool classes with their adult right next to them.

Please download the Red Cross Swim App and explore the app with your swimmer.

We are empowering our swimmers and families to track progress, share achievements, and learn water safety skills as a family!

Let's jump in together - For a better us!



Preschool Levels 1-2

Level 1:

3-second back float replaces 5-second front float. Swim-float-swim introduced.

Level 2:

15 seconds of independently treading water.

Level 3:

30 seconds of independently treading water.

Please explore the app for more detailed information about these and Badges.

American Red Cross

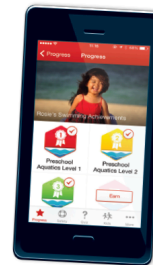
*Get the most out of
Red Cross swim lessons
with the Swim App.*

- Track progress and earn badges
- Learn more about water safety

PLUS the WHALE Tales section for kids entertains while it educates



To Download: VISIT redcross.org/apps, TEXT 'SWIM' to 90999, or SEARCH 'Red Cross Swim' in the Apple App Store™, Google Play™ or Amazon Marketplace.



Learn-to-Swim Levels 1-4

Level 1:

Similar to Stage 1.

Level 2:

Begin rotary breathing, and jellyfish and tuck floats.

Level 3:

Beginning breaststroke, elementary backstroke, focus on different kicks, and survival float.

Level 4:

Develops butterfly, sidestroke, and open turns.

Please explore the app for more detailed information these, Level 5, Level 6, and Badges.

If you have questions regarding swim lessons, the new program, or what level to register for, please talk with your swim instructor or reach out to the Aquatics Director, Mindy Arneson, at marneson@ymcanw.org.