



Wapakoneta Family YMCA

Swim Programs Schedule

Winter I Session January 7 – March 3

Kid's Programs

Tuesday & Thursday

Stingrays (3) – 5:00-5:30 PM – Morgan

Barracudas (4) – 5:00-5:30 PM – Emma

Sharks (5) – 5:00-5:45 PM – Danica

Dolphins (6) – 5:00-5:45 PM – Danica/Danielle

Starfish (1) – 5:30-6:00 PM – Morgan

Turtles (2) – 5:30-6:00 PM – Emma

Saturday

Sharks (5) – 8:00-8:45 AM – Danielle

Dolphins (6) – 8:00-8:45 AM – Nate

Drowning Prevention – 9:00-9:30 AM – Jarred

Stingrays (3) – 9:30-10:00 AM – Danielle

Barracudas (4) – 9:30-10:00 AM – Nate

Water Discovery & Exploration (A & B)

10:00-10:30 AM – Jarred

Sunday

Starfish (1) – 1:15-1:45 PM – K

Turtles (2) – 1:15-1:45 PM – Isayah/Danica

Stingrays (3) – 1:45-2:15 PM – K

Barracudas (4) – 1:45-2:15 PM – Isayah/Danica

Adult Programs

Monday & Wednesday

Masters Swim – 5:30-6:30 AM – Lexie

Tuesday & Friday

Masters Swim – 7:00-8:00 PM – K

Sunday

Swim Fit – 2:15-3:00 PM - Danica



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 1–4



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?

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.