



Swim Lessons

What class is right for my child?

Read each option to find the appropriate class for your child.

Register



Swim Starters

Parent & Child
6 Months - 3 Years 30 Minutes

Swim Starters is for parents to be part of their child's water exploration.

Babies and toddlers will learn water safety. Parent will help their child gain comfort through fun games and group interaction.



Parent & Child
6 Months - 3 Years

Preschool
3-5 Years

Youth
6-12 Years

Water Safety

3 Stages teaching personal water safety & basic swimming fundamentals.

Stage 1

Preschool 3-5 30 Minutes

Stage 1 is for children not yet comfortable going underwater voluntarily.

Stage 1 Goals

Increase child's comfort in the water. Introduction to floating (body balance).
Child learns basic self rescue skills, to submerge and resurface independently.

Stage 2

Preschool 3-5 30 Minutes
Youth 6-12 45 Minutes

Stage 2 is for children able to go underwater on their own.

Stage 2 Goals

Child learns balanced, independent forward movement on top of the water.
Independently recovers from vertical to horizontal.

Stage 3

Preschool 3-5 30 Minutes
Youth 6-12 45 Minutes

Stage 3 is for children able to stay on the surface of the water unassisted for short distances and go underwater on their own.

Stage 3 Goals

Child learns efficient forward movement on the water and is able to roll body from front to back independently.
Stage 3 is often multiple sessions until passed by the instructor.

Swim Development

Preschool 3-5 45 Minutes
Youth 6-12 45 Minutes

Your child needs to have passed out of Stage 3 or have the fundamental skills to be able to move a distance of 10 yards on the surface of the water independently on their front and on their back.

Development Goals

Child learns efficient swimming skills so they can swim longer distances using less energy.
Children will be taught to utilize their whole body to be balanced on top of the water. Core to stabilize, arms to anchor out in front and legs to propel forward.

Swim Opportunities

Options for children that can swim one length of the pool on their front & back.

Join Swim Team

Ages 3+

Swim team seamlessly follows swim lessons, providing a pathway for continuous skill development, endurance, and speed.

Benefits of Swim Team:

- Confidence Boost: Develops positive self-image.
- Social Skills: Fosters teamwork and cooperation.
- Memorable Fun: Creates lasting memories and friendships.
- Inclusive: Everyone swims, no one on the bench.
- Early Skills: Kids as young as 3 learn correct techniques.

Dive into WYNS Swim Team today! Visit our website >



Swim for Fitness

Ages 8+

A guided swim time with an instructor on deck.

Children will be guided through an enjoyable swim workout, enabling them to build on skills learned and gain stamina in the water.

A great class to continue swimming skills and improve.

Jr. Lifeguard

Ages 10+

Introduction to the American Red Cross Lifeguarding Course.

Participants will learn skills such as victim recognition, rescue skills, introduction to first aid and CPR.

At age 15 they are eligible to take American Red Cross Lifeguarding Course.



Swim Lessons

PARENT & CHILD • PRESCHOOL • YOUTH



Swim Lessons

Swim Lessons Progression

Our Swim Lesson are designed to make it easy for parents to find the right class for their child. Simply read through the class descriptions and place your child in the class that best matches their current swimming and water skills.

Your child will have multiple opportunities to grow and thrive as they continue their love of swimming!

- Our primary focus is on water safety and skill development: Swim Starters, Swim Safety Stages 1-3 and Swim Development.
- Our secondary focus is moving young swimmers onto Swim Team where they will learn how to swim with endurance and speed.
- Finally we want children to have additional opportunities to continue swimming with our Swim for Fitness Class (ages 8+) and our Jr. Lifeguard Class (ages 10+).
- No one is turned away due to their ability to afford fees, scholarships are always available.

Class times and fees are listed on our website:
WoodsonYMCA.com/swim-lessons

Register Online or Call:

Woodson YMCA – Wausau South Pool

707 N. 3rd St., Wausau, 54403 | 715-845-2177

Woodson YMCA – Aspirus Pool

3402 Howland Ave., Weston, 54476 | 715-841-1850



WoodsonYMCA.com/swim-lessons

In addition we offer Swim Lessons in Antigo & Mosinee
For more information about class times and registration, visit:

WoodsonYMCA.com/antigo

WoodsonYMCA.com/mosinee

If you have Swim Lesson questions, please email:

Ben Wisniewski, Association Aquatics Director

bwisniewski@woodsonymca.com

SUMMER 1: June 8 – June 27

3 Weeks/ Twice Weekly

Registration Opens:

Y Members: Friday, May 22 at 8 AM

Open to All – Friday, May 29 at 8 AM

SUMMER 2: July 6 – August 1

4 Weeks/ Twice Weekly

Registration Opens:

Y Members: Friday, June 19 at 8 AM

Open to All – Friday, June 26 at 8 AM

SUMMER 3: August 3 – August 39

4 Weeks/ Twice Weekly | No Aspirus Lessons*

Registration Opens:

Y Members: Friday, July 17 at 8 AM

Open to All – Friday, July 24 at 8 AM

