



BUILDING CONFIDENT SWIMMERS

From first splashes to stronger strokes, the Summit Area YMCA helps swimmers of all ages build confidence, develop skills, and learn essential water safety. Join us and start swimming with confidence!



PARENT/CHILD

Ages 6 MO - 2 YR

- ✓ Water discovery and exploration
- ✓ Build comfort and confidence with a parent
- ✓ Foundation for lifelong water safety



PRESCHOOL

Ages 3-5

- ✓ Water acclimation and movement skills
- ✓ Build confidence, independence & coordination
- ✓ Progress toward first strokes



SCHOOL AGE

Ages 6-12

- ✓ Water safety through stroke development
- ✓ Build endurance, technique and confidence
- ✓ Stages 1-6 based on ability and goals

MORE WAYS TO SWIM

2ND GRADE
Swim lessons at no cost all year!

TEENS 12+
Swim to Success: Lifeguard Readiness and Endurance Training + teen/adult lessons.

PRIVATE & SEMI-PRIVATE
Personalized instruction to help every swimmer build confidence and reach their goals.

UNSURE WHICH STAGE IS RIGHT?

A quick swim evaluation helps determine the right placement and sets your swimmer up for success! Recommended for anyone entering Stage 4 and above.

STARTERS		FUNDAMENTALS			DEVELOPMENT		
A	B	1	2	3	4	5	6
WATER Discovery	WATER Exploration	WATER Acclimation	WATER Movement	WATER Stamina	STROKE Introduction	STROKE Development	STROKE Mechanics
Parent/Child	Parent/Child	Preschool	Preschool	Preschool or School Age	School Age	School Age	School Age



JOIN TODAY

QUESTIONS? CONTACT:
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