

Swim Evaluation

Having trouble trying to determine which swim level will best suit your child? Call us and set up a Free Swim Evaluation. It is a free 5 minute assessment where we will work with your child to help determine which swim class best suits their current swim level.

SUMMER SESSION I

June 21, 2021- July 25, 2021

Facility Members ONLINE: June 7, 2021
Facility Members at Welcome Center: June 8, 2021
Program Members: Wednesday, June 9, 2021

Saturday Lessons

Facility Member: \$45
Program Members:\$90

Upcoming Sessions:

SUMMER SESSION II

July 26, 2021- August 29, 2021

Facility Members ONLINE: July 12, 2021
Facility Members at Welcome Center: July 13, 2021
Program Members: Wednesday, July 14, 2021

**Private Lessons Available upon Request:
\$160 (4 classes - 30 minutes - One on One Lesson)**

Refund Policy:

Request for refunds must be submitted at least 1 business day prior to the class and will not be granted if submitted on or after the start of a class . A full refund will be issued if a class is cancelled by the Southeast Rio Vista YMCA. No refunds will be issued due to absences from missed classes. Refund requests can take up to 3 weeks to process. Refund checks will be mailed within 3 weeks of department approval. All refunds and credits are subject to a \$10.00 service charge.

For more information about our Aquatics Program or Schedules please contact: Gerry Salcedo at 323 588 2256 ext. 1404



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER SESSION I 2021

Preschool & School Age

Swim Lesson Schedule



Session Dates:

June 21 - July 25, 2021

Registration Opens Online: June 7, 2021

Registration at Welcome Center: June 8, 2021

Southeast Rio Vista Family YMCA
4801 East 58th Street
Maywood CA. 90270
323.588.2256

Parent Child Swim Lessons Ages 3 months - 3 years




**A
WATER
DISCOVERY**

Introduces infants and toddlers to the aquatic environment

Saturday
10:30am


Preschool Swim Lessons Ages 3-5 yrs. Stages 1-5



**1
WATER
ACCLIMATION**

Water Acclimation increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance


Saturday
9:00am
11:00am



**3
WATER
STAMINA**

Water Stamina develops intermediate self-rescue skills performed at longer distances than in previous stages


Saturday
10:00am



**1
WATER
ACCLIMATION**

Water Acclimation increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance


Saturday
9:00am



**2
WATER
MOVEMENT**

Water Movement encourages forward movement in water and basic self-rescue skills performed independently

Saturday
9:30am
10:30am



**4
STROKE
INTRODUCTION**

Stroke Introduction introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke


Saturday
11:00am



**5
STROKE
DEVELOPMENT**

Stroke Development introduces breaststroke and reinforces water safety through treading water and side stroke


Saturday
11:30am



**2
WATER
MOVEMENT**

Water Movement encourages forward movement in water and basic self-rescue skills performed independently

Saturday
9:30am
11:30am




**3
WATER
STAMINA**

Water Stamina develops intermediate self-rescue skills performed at longer distances than in previous stages

Saturday
10:00am

Adult Age Lessons



**1
WATER
ACCLIMATION**

ADULT CLASSES LEVELS 1-3

Saturday
8:30am