



SPRING SWIM LESSONS

Swim lessons are available for children of all ages. To choose the correct swim class for your child, please use this guide.

SWIM STARTERS

Recommended ages 6 Months - 36 Months

- Build the foundation for lifelong swimming skills
- Guardian & child class
- Recommended for students who can respond to verbal cues

SWIM BASICS

Recommended ages 3 - 5

- Students will learn to go underwater voluntarily, float on their own, and work towards swimming short distances independently

SWIM STROKES

Recommended ages 6 - 9

- Swim Strokes focuses on increasing stamina, stroke introduction, stroke refinement, and maintaining form
- Students will learn and refine their technique for formal strokes

SWIM MECHANICS

Recommended ages 10 - 14

- Swim Mechanics covers stroke introduction, development, and mechanics
- This class focuses on the four basic competitive strokes: front crawl, backstroke, breaststroke, and butterfly
- Students **MUST** be able to swim the full length of the pool to register

REGISTRATION INFORMATION

To register for swim lessons, fill out the form below and hand into the Front Desk

Swim Starters

- Wednesday 4:30 - 5:00p.m.
- Saturday 9:30 - 10:00a.m.

Swim Basics

- Mondays 5:10-5:55pm
- Mondays 6:05-6:50pm
- Wednesdays 5:10-5:55pm
- Wednesdays 6:05-6:50pm
- Saturdays 10:10-10:55am
- Saturdays 11:05-11:50am

Swim Strokes

- Mondays 5:10-5:55pm
- Mondays 6:05-6:50pm
- Wednesdays 5:10-5:55pm
- Wednesdays 6:05-6:50pm
- Saturdays 10:10-10:55am
- Saturdays 11:05-11:50am

Swim Mechanics

- Mondays 5:10-5:55pm
- Mondays 6:05-6:50pm
- Wednesdays 5:10-5:55pm
- Wednesdays 6:05-6:50pm
- Saturdays 10:10-10:55am
- Saturdays 11:05-11:50am



CONTACT

Keira Warwick

Program Director

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West Family Y

740 Main Street

Johnson City, NY 13790

2026 DATES

Spring I: March 30 - May 9

Spring II: TBD*

*Due to upcoming pool renovation the dates for Spring II will be released at a later date. Please be on the lookout for further information and Spring II registration.

Learn more about swim lessons at the Y!



PRICE

MEMBER \$90

NON-MEMBER \$180

Child's Name: _____

DOB: _____ Age: _____

Address: _____

City: _____

State: _____ Zip: _____

Parent/Guardian Name: _____

Phone: _____

Email: _____

Participant or Parent/Guardian signature if under 18 years of age: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself and for my child, waive and release any and all rights, including use of photography, video, or audio, and claims for damages I may have against the YMCA of Broome County, their representatives, successors, and assignees for any injuries suffered by me in the YMCA programs.

Signature: _____

Date: _____