



# WINTER 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

## Choose your swim class

Select the session(s) you are registering for:

- Session 1: January 5 - February 14, 2026
- Session 2: February 16 - March 28, 2026

### WEST FAMILY YMCA

#### 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
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#### Swim Mechanics

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- Mondays 6:05-6:50pm
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# REGISTRATION INFORMATION

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

## 2026 DATES

January 5 - February 14

February 16 - March 28

## PRICE

MEMBER \$90

NON-MEMBER \$180

## CONTACT

Keira Warwick

Sports Director

607-770-9622 ext 414

kwarwick@ymcabroome.org

West Family Y

740 Main Street

Johnson City, NY 13790

Learn more about  
swim lessons at the Y!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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: \_\_\_\_\_