



3 WEEK SWIM LESSON PACKAGES

SPLASH INTO SUMMER!

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:

- Summer Sprint 1: June 29 - July 16
- Summer Sprint 2: July 20 - August 6
- Summer Sprint 3: August 10 - August 28

WEST FAMILY YMCA

Swim Starters

- Monday/Wednesday 4:30-5:00pm
- Tuesday/Thursday 12:15-12:45pm

Swim Basics

- Monday/Wednesday 5:10-5:55pm
- Monday/Wednesday 6:05-6:50pm
- Tuesday/Thursday 5:45-6:30pm

Swim Strokes

- Monday/Wednesday 5:10-5:55pm
- Monday/Wednesday 6:05-6:50pm
- Tuesday/Thursday 5:45-6:30pm

Swim Mechanics

- Monday/Wednesday 5:10-5:55pm
- Monday/Wednesday 6:05-6:50pm
- Tuesday/Thursday 5:45-6:30pm

REGISTRATION INFORMATION

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

Each Sprint is 2 days
a week for 3 weeks

DATES

June 29 - July 16, 2026

July 20 - August 6, 2026

August 10 - August 28, 2026

PRICE

MEMBER \$90

NON-MEMBER \$180

CONTACT

Keira Warwick

607-770-9622 ext. 414

740 Main Street

Johnson City, NY 13790



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Child's Name: _____

DOB: _____ Age: _____

Address: _____

City: _____

State: _____ Zip: _____

Parent/Guardian Name: _____

Phone: _____

Email: _____

****Parents and guardians are responsible for supervising their children at all times. Children under age 14 may not be left unattended in the facility.**

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: _____

Learn more about
swim lessons at the Y!

