



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST KEEP SWIMMING



SPRING 2 SESSION 2026 | MAY 26-JUNE 20

REGISTRATION BEGINS:
Monday, April 6, 2026

SWIM LESSON FEES: (per 8 lessons)
Members: \$125 **Non-Members:** \$200

MONDAY LESSONS: (7 weeks)
Members: \$110 **Non-Members:** \$175
(No class Memorial Day, May 25th)

RETURNING SWIM LESSONS PARTICIPANTS: If you have not been in Y Swim Lessons in the past 6 months or more, please register for the stage you last participated in.

ONE DAY PER WEEK CLASSES: MAY 26-June 20 (No classes May 25th, Memorial Day)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Swim Starters - Stage A/B (6-36 months w/parent)	5:00-5:40pm				8:30-9:10am
Preschool - (Ages 3-5) All Levels	6:30-7:10pm		5:00-5:40pm	5:45-6:25pm	9:15-9:55am
Beginner - (Ages 6-12) Stage 1/2					10:00-10:40am
Intermediate - (Ages 6-12) Stage 3/4					11:30am-12:10pm
Teen/Adult - (Ages 13+) All Levels	7:15-7:55pm		6:30-7:10pm		10:45-11:25am

TWO DAY PER WEEK CLASSES: (8 lessons in 4 weeks!)

MAY 26-June 18

(No classes May 25th, Memorial Day)

	MONDAY & WEDNESDAY	TUESDAY & THURSDAY
Beginner - (Ages 6-12) Stage 1/2	5:45-6:25pm	5:00-5:40pm
Intermediate - (Ages 6-12) Stage 3/4	7:15-7:55pm	5:45-6:25pm
Advanced - (Ages 6-12) Stage 5/6		6:30-7:10pm
ACE (Aquatic Conditioning & Endurance) - (Ages 6-16)	Price: Members - \$100 Nonmember - \$150 Swim Team Member - \$60	7:15-7:55p

n Class may be cancelled due to low enrollment; there are no make-ups for missed lessons.

n Safety skills may be covered on land during storms/contaminations when participants cannot get in the water.

Turn over for more swim lesson information and options

Cumberland Cape Atlantic YMCA

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