

DIVE IN

AT CAMP FULLERIDGE



NEW GROUP SWIM LESSONS

JULY 7-30, 2026

Group: 8 lessons

- Tuesdays/Thursdays
- Ages 3-5: 5:15 PM
- Ages 6-12: 6:15 PM

\$80 for members

\$120 for non-members

FOR MORE INFORMATION

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OVERVIEW & SCHEDULE

GROUP CLASSES – 30 min.
Tues & Thurs: July 7-30

SWIM BASICS & INTERMEDIATE

Preschool Ages 3-5 yrs.

DAY/TIME:

T/Th: 5:15 pm

Youth Ages 6-12 yrs.

T/Th: 6:15 pm

DUE TO THE DRIVEWAY RESTRICTIONS, IF YOU ARE ATTENDING THE 6:15 PM SESSION, PLEASE DO NOT ARRIVE PRIOR TO 6PM. THIS WILL ALLOW OUR FIRST SESSION TIME TO DEPART.

SWIM STARTERS

Parent & child lessons



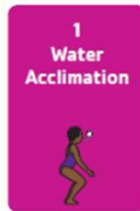
Introduces infants & toddlers to the aquatic environment.



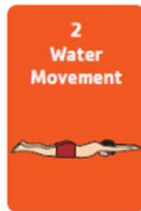
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatic skills.

SWIM BASICS

Skills for all to have around water



Increases comfort with underwater exploration & introduces basic self rescue skills performed with assistance.



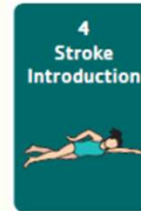
Encourages forward movement in water & basic self rescue skills performed independently.

SWIM INTERMEDIATE

Increasing confidence & stamina



Develops intermediate self rescue skills performed at longer distances than in previous stages



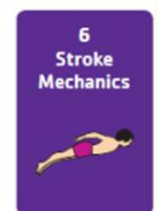
Introduces basic stroke technique in front crawl & back crawl & reinforces water safety through treading water & elementary backstroke.

SWIM STROKES

Skills to support a healthy lifestyle



Introduces breaststroke & butterfly & reinforces water safety through treading water & sidestroke.



Refines stroke technique on all major competitive strokes & encourages swimming as part of a healthy lifestyle.

OUTCOMES

Accompanied by a parent, infants & toddlers learn to be comfortable in the water & develop swim readiness skills through fun & confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

OUTCOMES

Students learn personal water safety & achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, & exit
- Jump, push, turn, grab

OUTCOMES

Having mastered the fundamentals, students learn additional water safety skills & build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well being, and foster a lifetime of physical activity.

Makeup lessons are only conducted if the YMCA cancels class. A day will be added or minutes will be added to remaining classes.