



**Spring I Session**  
**March 2, 2026–**  
**April 19, 2026**

**Registration:**

**Full Privilege: February 16, 2026**  
**Program members: February 23, 2026**  
**Registration closes: March 16, 2026**  
**No classes:**  
**March 30th– April 5th**

# GROUP SWIM LESSONS

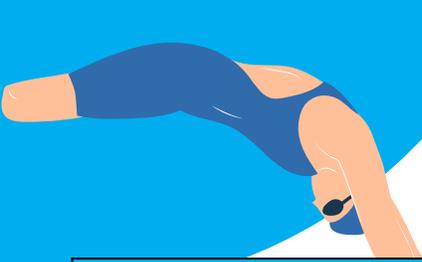
**Register online at the front desk**

**Email Aquatics**  
**Gil Gilmore**  
**Aquatics Training Specialist at**  
**[Emily.Gilmore@ymcadc.org](mailto:Emily.Gilmore@ymcadc.org)**  
**with any questions!**  
**(703)-838-8085**

**EASY TO ENROLL**

**\*ACTIVE YMCA MEMBERSHIP IS REQUIRED**  
**PRIOR TO REGISTRATION\***





# Swim Lessons Schedule



March 2, 2026 - April 19, 2026

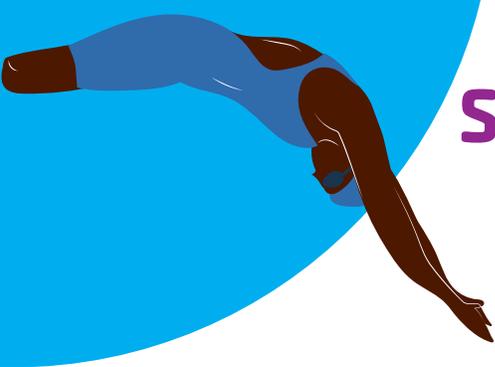
## BABIES (6 months through 2 years)

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Water Discovery Stage A	Saturday	9:00 AM	9:30 AM	02101-62	\$85	\$140
Water Discovery Stage A	Sunday	9:00 AM	9:30 AM	02101-12	\$85	\$140
Water Exploration Stage B	Saturday	9:35 AM	10:05 AM	02101-48	\$85	\$140
Water Exploration Stage B	Sunday	9:35 AM	10:05 AM	02101-05	\$85	\$140
Water Independence Stage C	Sunday	10:10 AM	10:40 AM	02101-30	\$85	\$140

Participants in Stage C should have taken a Parent Child course previously. Stage C is designed to help preschoolers develop more independence while preparing for Pre School Stage 1, Water Acclimation.

## PRESCHOOL CLASSES (3 years through 5 years)

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Stage 1- Water Acclimation	Saturday	10:10 AM	10:40 AM	02101-09	\$85	\$140
Stage 1 - Water Acclimation	Saturday	12:30 PM	1:00 PM	02101-70	\$85	\$140
Stage 1 - Water Acclimation	Sunday	10:45 AM	11:15 AM	02101-10	\$85	\$140
Stage 1 - Water Acclimation	Sunday	12:35 PM	1:05 PM	02101-71	\$85	\$140
Stage 2- Water Movement	Tuesday	4:00 PM	4:30 PM	02101-74	\$85	\$140
Stage 2- Water Movement	Thursday	5:00 PM	5:30 PM	02102-78	\$85	\$140
Stage 2 - Water Movement	Saturday	10:40 AM	11:10AM	02102-02	\$85	\$140
Stage 2- Water Movement	Saturday	11:15 AM	11:45 AM	02102-72	\$85	\$140
Stage 2 - Water Movement	Saturday	11:55 AM	12:25 PM	02102-80	\$85	\$140
Stage 2- Water Movement	Sunday	11:20 AM	11:50 AM	02102-04	\$85	\$140
Stage 3- Water Stamina	Saturday	10:45 AM	11:15 AM	02103-01	\$85	\$140
Stage 3- Water Stamina	Saturday	11:50 AM	12:20 PM	02103-05	\$85	\$140
Stage 3- Water Stamina	Sunday	11:55 AM	12:25 PM	02103-02	\$85	\$140
Stage 4 Stroke Introduction	Saturday	11:20 AM	11:50 AM	02104-03	\$85	\$140
Stage 4 Stroke Introduction	Sunday	12:00 PM	12:30 PM	02104-04	\$85	\$140



# Swim Lessons Schedule



March 2, 2026 - April 19, 2026

## YOUTH (6 years through 12 years)

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Stage 1- Water Acclimation	Sunday	10:30 AM	11:10 AM	02201-03	\$100	\$172
Stage 2- Water Movement	Saturday	9:55 AM	10:35 AM	02202-38	\$100	\$172
Stage 2- Water Movement	Sunday	9:00 AM	9:40 AM	02202-03	\$100	\$172
Stage 3 - Water Stamina	Friday	4:50 PM	5:30 PM	02203-04	\$100	\$172
Stage 3-Water Stamina	Saturday	9:10 AM	9:50 AM	02203-01	\$100	\$172
Stage 3 - Water Stamina	Sunday	9:45 AM	10:25 AM	02203-03	\$100	\$172
Stage 4- Stroke Introduction	Friday	5:35 PM	6:15 PM	02204-06	\$100	\$172
Stage 4- Stroke Introduction	Saturday	12:25 PM	1:05 PM	02204-02	\$100	\$172
Stage 4- Stroke Introduction	Sunday	11:15 AM	11:55 AM	02204-05	\$100	\$172
Stage 5 - Stroke Development	Sunday	12:30 PM	1:10 PM	02204-04	\$100	\$172

## ADULT SWIM LESSONS (13 years old and above)

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Adult - Beginner	Tuesdays	7:10 PM	7:50 PM	02301-01	\$100	\$172
Adult - Intermediate	Thursdays	7:10 PM	7:50 PM	02301-04	\$100	\$172
Adult - Advanced	Wednesdays	7:00 PM	7:40 PM	02301-03	\$100	\$172
Adult - Fit Swim	Wednesdays	7:00 AM	8:00 AM	02301-10	\$100	\$172

For additional information regarding lessons please refer to the lesson descriptions and/or ask the aquatic's team!



YMCA Alexandria  
420 E Monroe Ave.  
Alexandria, VA 22301

# LIFEGUARD CERTIFICATION CLASS

Come to class with a suit and change of dry clothes. Class will include land and pool lessons.

**Members: \$150**

**Program Members: \$200**

**Non-Members: \$300**

## EMAIL GIL TO SCHEDULE YOUR PRETEST

- Swim 150 yards, tread 2 mins, swim 50 yards.
- Starting in the water, swim 20 yards, surface dive 9 ft to retrieve a 10-pound brick, swim back 20 yards with both hands holding the brick and exit without a ladder in under 1 min and 40 seconds.



**American  
Red Cross**

**REGISTER TODAY**



**OPTION 1** APRIL 2<sup>ND</sup> 6PM-9PM  
 APRIL 3<sup>RD</sup> 6PM-8PM  
 APRIL 4<sup>TH</sup> 8AM-5PM  
 OR  
 APRIL 5<sup>TH</sup> 8AM-5PM

**OPTION 2** JUNE 11<sup>TH</sup> 6PM-9PM  
 JUNE 12<sup>TH</sup> 6PM-8PM  
 JUNE 13<sup>TH</sup> 8AM-5PM  
 JUNE 14<sup>TH</sup> 8AM-5PM

Gil Gilmore  
Emily.Gilmore@ymcadc.org



# YMCA Swim Lessons Stages



## STAGE DESCRIPTIONS

### SWIM STARTERS

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



**A / WATER DISCOVERY**  
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



**B / WATER EXPLORATION**  
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM BASICS

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

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



**1 / WATER ACCLIMATION**  
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



**2 / WATER MOVEMENT**  
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



**3 / WATER STAMINA**  
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

### SWIM STROKES

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



**4 / STROKE INTRODUCTION**  
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



**5 / STROKE DEVELOPMENT**  
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



**6 / STROKE MECHANICS**  
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

# Swim Lesson Policies



## Make-Up Policy

There are NO make-ups for missed classes, whether your child is sick, out of town, or unable to attend. Your child may not attend a class at another time slot in place of a missed class. This is because there is an instructor to participant ratio that we are required to follow.

## Refund / Cancellation Policy

1. Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatics Director. The credits on members account are only good for 1 year. After that year, they will expire.

## Instructional/Programs: If a participant cancels, the following policy will be followed:

1. Participants cancel before the first class – 90% refund
  2. Participants cancel after the first class- 75% YMCA credit only. No refund provided.
  3. Participants cancel after the first class- 50% YMCA credit only. No refund provided.
  4. Members are NOT eligible for credit or refund after the third class.
- If the Y-ALX cancels the class or reschedules a course at the beginning of the session, full credit/refund will be given, if transfer to another class is not possible.
  - The YMCA does not offer make-up for individual absences.
  - All programs have a minimum enrollment number of three participants. Programs with fewer participants may be combined or canceled. You will have the option of receiving a full refund/credit or switching to another similar price program or class.
  - Only the Aquatics Director will approve a refund for a reason not mentioned above.
  - Late registration will not be prorated and no registration after the second class

# ADULT SWIM LESSONS

# DESCRIPTIONS



## Adult - Beginner

### Required Skills:

Participants ages 13 and older who have had little or no experience in the water or have a fear of the water. Students may or may not be able to submerge under water. This class is held mostly in shallow water with an introduction to deep water.

### Introduced Skills:

- Submerge under water, blow bubbles
- Float and glide on their front and back
- Develop introductory freestyle, backstroke, and elementary backstroke skills
- Swim at least 15-20 yards using freestyle and elementary backstroke
- Swim float swim
- Jump push turn grab

## Adult - Intermediate

### Required Skills:

Swimmers ages 13 and older who have successfully completed Adult Beginner or who are able to submerge underwater, blow bubbles, and float and glide on their front and back comfortably.

### Introduced Skills:

- Develop rhythmic breathing control, including side breathing
- Expand backstroke and elementary backstroke skills and develop introductory breaststroke skills
- Swim freestyle and elementary backstroke for 25 yards, backstroke 15 yards

# ADULT SWIM LESSONS

# DESCRIPTIONS



## Adult - Advanced

### Required Skills:

Swimmers ages 13 and older who have successfully completed Adult Intermediate or have demonstrated confidence in swimming 25 yards of freestyle and elementary back stroke, are familiar with backstroke and breaststroke and are comfortable in deep water and have experience with treading water.

### Introduced Skills:

- Learn drills for stroke refinement
- Learn open turns at the wall
- Refine breaststroke and backstroke
- Increase swim endurance
- Tread water for two minutes

## Adult - Fit Swim

### Required Skills:

Students who have successfully completed Adult Intermediate or those who are looking to refine advanced swim strokes.

### Introduced Skills:

- Must able to swim 25 yards
- Refinement of proficiency in all swim strokes and drills
- Follow a swim workout to enhance endurance
- Learn to develop workouts for themselves
- Use the Pace Clock/timing as a means to enhance workout

### Items to bring for Lesson:

- Goggles (preferable)
- Swim cap (preferred)
- Shoulder length hair needs to be in pony tail
- Flip flops or pool shoes (no street shoes on the pool deck)
- Swim dippers with rubber swim pants for babies/ toddlers (anyone who is not toilet trained)