



Spring II Session
April 20, 2026–
June 7, 2026

Important Registration Dates:
Full Privilege: April 6, 2026
Program members: April 13, 2026
Registration closes: May 4, 2026
No classes:
May 25th

GROUP SWIM LESSONS

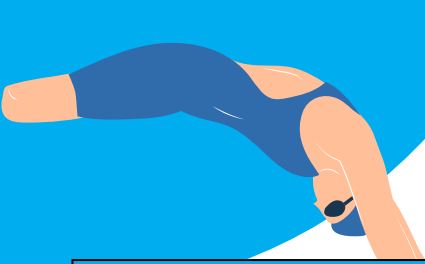
Register online or at the front desk

Please direct any questions to:
Chris Ferguson
Aquatics Director
Christopher.Ferguson@ymcadc.org
(703)-838-8085

EASY TO ENROLL

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





Swim Lessons Schedule

April 20, 2026- June 7, 2026



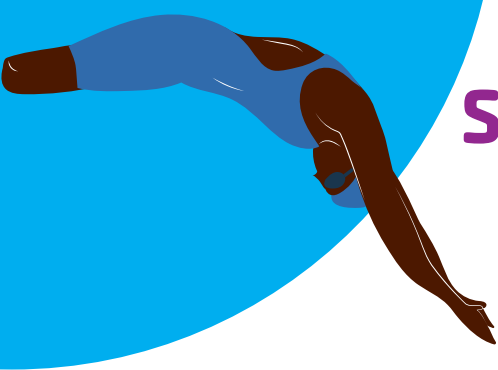
BABIES (6 months through 2 years)

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	\$99	\$163
Water Discovery Stage A	Sunday	9:00 AM	9:30 AM	02101-12	\$99	\$163
Water Exploration Stage B	Saturday	9:35 AM	10:05 AM	02101-48	\$99	\$163
Water Exploration Stage B	Sunday	9:35 AM	10:05 AM	02101-05	\$99	\$163
Water Independence Stage C	Sunday	10:10 AM	10:40 AM	02101-30	\$99	\$163

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	\$99	\$163
Stage 1 - Water Acclimation	Saturday	12:30 PM	1:00 PM	02101-70	\$99	\$163
Stage 1 - Water Acclimation	Sunday	10:45 AM	11:15 AM	02101-10	\$99	\$163
Stage 1 - Water Acclimation	Sunday	12:35 PM	1:05 PM	02101-71	\$99	\$163
Stage 2- Water Movement	Tuesday	4:00 PM	4:30 PM	02101-74	\$99	\$163
Stage 2- Water Movement	Thursday	5:00 PM	5:30 PM	02102-78	\$99	\$163
Stage 2 - Water Movement	Saturday	10:40 AM	11:10AM	02102-02	\$99	\$163
Stage 2- Water Movement	Saturday	11:15 AM	11:45 AM	02102-72	\$99	\$163
Stage 2 - Water Movement	Saturday	11:55 AM	12:25 PM	02102-80	\$99	\$163
Stage 2- Water Movement	Sunday	11:20 AM	11:50 AM	02102-04	\$99	\$163
Stage 3- Water Stamina	Saturday	10:45 AM	11:15 AM	02103-01	\$99	\$163
Stage 3- Water Stamina	Saturday	11:50 AM	12:20 PM	02103-05	\$99	\$163
Stage 3- Water Stamina	Sunday	11:55 AM	12:25 PM	02103-02	\$99	\$163
Stage 4 Stroke Introduction	Saturday	11:20 AM	11:50 AM	02104-03	\$99	\$163
Stage 4 Stroke Introduction	Sunday	12:00 PM	12:30 PM	02104-04	\$99	\$163



Swim Lessons Schedule



April 20, 2026– June 7, 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	\$117	\$201
Stage 2- Water Movement	Saturday	9:55 AM	10:35 AM	02202-38	\$117	\$201
Stage 2- Water Movement	Sunday	9:00 AM	9:40 AM	02202-03	\$117	\$201
Stage 3 - Water Stamina	Friday	4:50 PM	5:30 PM	02203-04	\$117	\$201
Stage 3-Water Stamina	Saturday	9:10 AM	9:50 AM	02203-01	\$117	\$201
Stage 3 - Water Stamina	Sunday	9:45 AM	10:25 AM	02203-03	\$117	\$201
Stage 4- Stroke Introduction	Friday	5:35 PM	6:15 PM	02204-06	\$117	\$201
Stage 4- Stroke Introduction	Saturday	12:25 PM	1:05 PM	02204-02	\$117	\$201
Stage 4- Stroke Introduction	Sunday	11:15 AM	11:55 AM	02204-05	\$117	\$201
Stage 5 - Stroke Development	Sunday	12:30 PM	1:10 PM	02204-04	\$117	\$201

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	\$117	\$201
Adult - Intermediate	Thursdays	7:10 PM	7:50 PM	02301-04	\$117	\$201
Adult - Advanced	Wednesdays	7:00 PM	7:40 PM	02301-03	\$117	\$201
Adult - Fit Swim	Wednesdays	7:00 AM	8:00 AM	02301-10	\$117	\$201

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



First Aid & Cpr Training

Because Safety Starts with You.

YMCA Alexandria
420 E Monroe Ave
Alexandria, VA 22301

Non Members
\$100

Program Members
\$80

Full Members
\$50

Training Dates & Times

Blended Learning- Videos Required

- ✓ 4.6 5:30pm-8:30pm
- ✓ 4.15 10am-1:00pm
- ✓ 5.3 5:30pm-8:30pm
- ✓ 5.20 10am-1:00pm

Contact Us

Email Emily.Gilmore@ymcadc.org



**American
Red Cross**





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



JUNE 11TH 6PM-9PM
JUNE 12TH 6PM-8PM
JUNE 13TH 8AM-5PM
JUNE 14TH 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 second 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)