YMCA ANTHONY BOWEN

WELCOME TO FALL II CLASS SESSION

OCTOBER 26, 2026 – DECEMBER 20, 2026

Registration opens

OCTOBER 23, 2026

Active membership required prior to registration

YMCA Anthony Bowen
1325 W St NW
Washington, DC 20009
202/232-6936

Refund policy

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.

- The YAB aquatics department will only credit/refund money due to family emergencies or medical reasons with a doctor's note.
- Any credit /refund made after the start of a session will be prorated at the discretion of the Aquatics Director.
- If the YAB 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 refund for a reason not mentioned above

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FALL II SWIM CLASS SCHEDULE

OCTOBER 26, 2026 – DECEMBER 20, 2026

***ACTIVE YMCA MEMBERSHIP IS REQUIRED PRIOR TO REGISTRATION**
Classes ratio are for parent/child class 1:12, Pre-school 1:6, Youth and adult 1:6

***NO CLASS – 11/26 Thanksgiving day (Thursday)**

7 WEEKS	NO CLASS 11/26		THURSDAY			
START	END	CLASS	CLASS#	AGE	FULL MEM	PROG MEM
7:00 PM	7:45 PM	TEEN & ADULT S1-S2	02301 01	13+	$129	$191

8 WEEKS			SATURDAY			
START	END	CLASS	CLASS#	AGE	FULL MEM	PROG MEM
9:00 AM	9:30 AM	Water Acclimation S1	02101 57	3y – 5y	$119	$199
9:30 AM	10:00 AM	Water Movement S2	02101 28	3y – 5y	$119	$199
10:00 AM	10:30 AM	Water Stamina S3	02101 52	3y – 5y	$119	$199
10:30 AM	11:00 AM	Water Discovery SA	02101 01	6m – 24m	$119	$199
10.30 AM	11:00 AM	Water Exploration SB	02101 15	24m – 36m	$119	$199

8 WEEKS			SUNDAY			
START	END	CLASS	CLASS#	AGE	FULL MEM	PROG MEM
9:00AM	9:30AM	Water Acclimation S1	02101 26	3y – 5y	$119	$199
9:30AM	10:00AM	Water Movement S2	02101 25	3y – 5y	$119	$199
9:00AM	9:40AM	Water Movement S2	02201 05	6y – 12 y	$147	$218
9:40AM	10:20AM	Water Stamina S3	02201 18	6y – 12y	$147	$218
10:20AM	11:00AM	Stroke Introduction S4	02202 40	6y – 12y	$147	$218
10:00AM	10:40AM	Stroke Development S5	02220 41	6y – 12y	$147	$218
10:40AM	11:20AM	Stroke Mechanics S6	02202 42	6y – 12y	$147	$218

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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.

YMCA Swim Lessons
Water Discovery
A

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.

YMCA Swim Lessons
Water Exploration
B

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

YMCA Swim Lessons
Water Acclimation
1

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.

YMCA Swim Lessons
Water Movement
2

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.

YMCA Swim Lessons
Water Stamina
3

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.

YMCA Swim Lessons
Stroke Introduction
4

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.

YMCA Swim Lessons
Stroke Development
5

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.

YMCA Swim Lessons
Stroke Mechanics
6

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.

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