

20

PS=Preschool • Y=Youth

20TH AVE SWIM LESSONS

Stage A
Stage B
Stage 1 PS
Stage 1 Y
Stage 2 PS
Stage 2 Y
Stage 3 PS
Stage 3 Y
Stage 4 PS
Stage 4 Y
Stage 5
Stage 6

MONDAY	Stage A	Stage B	Stage 1 PS	Stage 1 Y	Stage 2 PS	Stage 2 Y	Stage 3 PS	Stage 3 Y	Stage 4 PS	Stage 4 Y	Stage 5	Stage 6
9:00-9:40 AM	●	●	●									
9:50-10:30 AM					●	●						
4:00-4:40 PM				●		●		●				
4:50-5:30 PM	●		●		●							
5:40-6:20 PM		●	●		●			●				
6:30-7:10 PM										●	●	●
TUESDAY												
4:00-4:40 PM			●	●	●	●						
4:50-5:30 PM			●		●						●	●
WEDNESDAY												
9:00-9:40 AM					●			●				
9:50-10:30 AM			●	●								
4:00-4:40 PM									●	●	●	
4:50-5:30 PM	●							●		●		
5:40-6:20 PM		●	●		●							
6:30-7:10 PM			●		●			●				
THURSDAY												
4:00-4:40 PM							●	●	●	●		
4:50-5:30 PM			●		●			●		●		
SATURDAY												
9:15-9:55 AM	●		●		●			●				
10:05-10:45 AM		●		●		●		●				
10:55-11:35 AM									●	●	●	●
SUNDAY												
3:15-3:55 PM			●	●	●			●				
4:05-4:45 PM						●		●		●	●	

Lessons: are 6 weeks, 40 minutes each lesson
Swim classes are subject to combine with a neighboring level

20 CLOSED for Annual Shutdown August 26-September 2 (will reopen on Sept 3)

Now hiring for lifeguard + swim instructor positions.

LIFEGUARDS: must be certified in LG, CPR, AED, & First Aid.
SWIM INSTRUCTORS: YSLv6 certification preferred.
Apply in person at either Y location.



FUN FACT

Water's buoyancy make swimming the IDEAL EXERCISE FOR PHYSICAL THERAPY and REHABILITATION or for anyone seeking a LOW-IMPACT EXERCISE.

DT

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DOWNTOWN SWIM LESSONS

Stage A
Stage B
Stage 1 PS
Stage 1 Y
Stage 2 PS
Stage 2 Y
Stage 3 PS
Stage 3 Y
Stage 4 PS
Stage 4 Y
Stage 5
Stage 6

MONDAY	Stage A	Stage B	Stage 1 PS	Stage 1 Y	Stage 2 PS	Stage 2 Y	Stage 3 PS	Stage 3 Y	Stage 4 PS	Stage 4 Y	Stage 5	Stage 6
9:40-10:20 AM			●		●							
3:45-4:25 PM					●		●				●	●
4:35-5:15 PM			●	●	●					●		
6:25-7:05 PM						●		●	●			
TUESDAY												
10:00-10:40 AM								●		●		
10:50-11:30 AM							●				●	●
3:45-4:25 PM			●		●					●		
4:35-5:15 PM					●		●					
5:35-6:15 PM								●		●	●	●
6:25-7:05 PM						●		●		●		
WEDNESDAY												
9:40-10:20 AM					●		●					
3:45-4:25 PM			●		●		●			●		
4:35-5:15 PM				●					●			
5:25-6:05 PM			●		●							
THURSDAY												
10:00-10:40 AM	●	●	●		●							
10:50-11:30 AM				●		●			●			
3:45-4:35 PM			●		●						●	●
4:35-5:15 PM					●		●					
5:35-6:15 PM	●	●		●		●						
6:25-7:05 PM							●				●	●
SATURDAY												
10:00-10:40 AM	●	●		●						●		
10:50-11:30 AM			●		●						●	●
11:40-12:20 PM			●		●			●	●			
12:30-1:10 PM					●		●			●	●	

Lessons: are 6 weeks, 40 minutes each lesson
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SWIMMING IS a unique activity that has the longevity of being a great form of exercise FOR TODDLERS, SENIORS AND EVERYONE IN BETWEEN.

