

# 2024 PROGRAMS

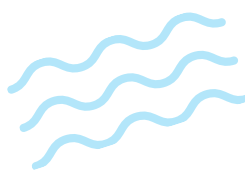
EAST BOSTON YMCA



# DISCOVER YOUR Y.



<b>SUMMER A</b>	July 8 - September 1, 2024	8 weeks
<b>EARLY FALL</b>	September 9 - October 27, 2024	7 weeks
<b>FALL LEAGUE</b>	September 9 - November 10, 2024	9 weeks
<b>LATE FALL</b>	October 28 - December 22, 2024	7 weeks
<b>JR. CELTICS</b>	November 2, 2024 - February 8, 2025	12 weeks



VIEW ALL PROGRAMS AND REGISTER AT [YMCABOSTON.ORG/PROGRAMS](https://ymcaboston.org/programs)

# ADULT/CHILD CLASSES

[SIGN UP](#)

## 30 Minute Classes

### STAGE A: WATER DISCOVERY

Ages 6–18 months  
(With Parent/Guardian in water)

Introduces infants and toddlers to the aquatic environment.

WED	9:15am
SAT	8:00am   9:15am

### STAGE B: WATER EXPLORATION

Ages 18–36 months  
(With Parent/Guardian in water)

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

THU	4:00pm   4:30pm
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### STAGE 1A: WATER ACCLIMATION WITH ADULT

Ages 2.5–5 years

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

THU	4:00pm
SAT	8:00am

Impartido en Español | Taught in Spanish

TUE	MARTES	4:00pm
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### NEW TO YMCA SWIM LESSONS?

Scan the QR code to find the right stage for you or your child, or visit [ymcaboston.org/swimming-lessons](http://ymcaboston.org/swimming-lessons).

**SWIM LESSON PRICING**
**FAMILY MEMBER: \$104**
**COMMUNITY MEMBER: \$208**

# PRESCHOOL CLASSES

[SIGN UP](#)

**30 Minute Classes**  
Ages 3 years - 5 years

## STAGE 2: WATER MOVEMENT

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

<b>TUE</b>	8:40am
<b>FRI</b>	4:00pm   4:30pm
<b>SAT</b>	8:00am   8:40am   9:15am

## STAGE 3: WATER STAMINA

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

<b>WED</b>	9:15am   4:00pm
<b>SAT</b>	9:15am


**SWIM LESSON PRICING**
**FAMILY MEMBER: \$104**
**COMMUNITY MEMBER: \$208**

# YOUTH CLASSES

[SIGN UP](#)

**45 Minute Classes**  
Ages 5 years – 12 years

## STAGE 1: WATER ACCLIMATION

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

THU	5:00pm
FRI	5:00pm
SAT	9:50am

## STAGE 2: WATER MOVEMENT

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

TUE	5:00pm
THU	5:00pm
FRI	5:00pm
SAT	9:50am

## STAGE 3: WATER STAMINA

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

TUE	5:00pm
SAT	9:50am

Impartido en Español | Taught in Spanish

WED	MIÉRCOLES	5:00pm
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## STAGE 4: STROKE INTRODUCTION

Student must be able to swim 25 yards unassisted.

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

TUE	6:00pm
SAT	10:40am   12:00pm

## STAGE 5: STROKE DEVELOPMENT

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

TUE	6:00pm
SAT	12:00pm

## STAGE 6: STROKE MECHANICS

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

SAT	11:30am
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**SWIM LESSON PRICING**
**FAMILY MEMBER: \$104**
**COMMUNITY MEMBER: \$208**

## TEEN/ADULT CLASSES

[SIGN UP](#)

45 Minute Classes  
Ages 13 and up

### ADULT BEGINNER STAGES 1/2 WATER ACCLIMATION & WATER MOVEMENT

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Encourages forward movement in water and basic self-rescue skills performed independently.

WED 6:00pm

SAT 1:10pm

### STAGE 2: WATER MOVEMENT

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

Impartido en Español | Taught in Spanish

SAT SÁBADO 6:00pm

### ADULT INTERMEDIATE STAGES 3/4: WATER STAMINA & STROKE INTRODUCTION

Develops intermediate self-rescue skills performed at longer distances than in previous stages. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

THU 6:00pm

### STAGE 4: STROKE INTRODUCTION

Student must be able to swim 25 yards unassisted.

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

SAT 1:00pm



SWIM LESSON PRICING

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# ADULT/CHILD CLASSES

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## 30 Minute Classes

### STAGE A: WATER DISCOVERY

Ages 6–18 months  
(With Parent/Guardian in water)

Introduces infants and toddlers to the aquatic environment.

**SAT** 8:00am | 9:15am

Impartido en Español | Taught in Spanish

**WED** **MIÉRCOLES** 4:30pm

### STAGE B: WATER EXPLORATION

Ages 18–36 months  
(With Parent/Guardian in water)

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

**THU** 4:00pm

**SAT** 8:40am

### STAGE 1A: WATER ACCLIMATION WITH ADULT

Ages 2.5–5 years

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

**TUE** 4:00pm

**SAT** 8:00am | 8:40am

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**THU** 4:00pm

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**TUE** 4:00pm

**SAT** 8:00am | 8:40am | 9:15am

## STAGE 3: WATER STAMINA

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**SAT** 9:15am

Impartido en Español | Taught in Spanish

**TUE** **MARTES** 4:00pm



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45 Minute Classes  
Ages 5 years – 12 years

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WED	5:00pm
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TUE	6:00pm
SAT	11:30am

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**SAT** 1:10pm

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**WED** **MIÉRCOLES** 6:00pm

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**SWIM LESSON PRICING**

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# AQUATICS PATHWAYS

SIGN UP

**45 Minute Classes**  
**Ages 8 years to 15 years**

## AQUATIC CONDITIONING

The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Important milestones include:

- Developing endurance in the competitive strokes
- Developing skills related to competitive swimming, such as flip turns, starts, and finishes

**Requirements: Swimmers should have completed all 6 stages or complete a swim assessment**



### SUMMER A (8 WEEKS)

**SAT** 1:05pm

### EARLY FALL (7 WEEKS)

**SAT** 1:10pm

### LATE FALL (7 WEEKS)

**SAT** 1:10pm

### SWIM LESSON PRICING (8 WEEKS)

FAMILY MEMBER: \$104

COMMUNITY MEMBER: \$208

### SWIM LESSON PRICING (7 WEEKS)

FAMILY MEMBER: \$91

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