



Southdale YMCA Swim Lessons Schedule

Winter 2026 January 12-March 1

(952) 835-2567

ymcanorth.org/southdale

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ABOUT Y SWIM LESSONS

The Y strives to help all ages learn how to swim, so they can stay safe around water and learn the skills needed to make swimming a lifelong pursuit for healthy living.

The YMCA is centered on five core values: caring, honesty, respect, responsibility, and equity. Swim Lessons include age-appropriate opportunities to define, model and celebrate these core values. We utilize low instructor to participant ratios, ranging from 1 instructor to 4-6 participants, depending on stage.

Swim Lessons provide important life skills that could save a life, and will benefit you for a lifetime. All YMCA swim instructors are highly trained in our nationally recognized swim lesson curriculum. To ensure safety at all times all of our pools have a certified lifeguard on duty.

You don't need to be a member of the Y to take swimming lessons, but members receive a discount on lessons and access to early registration. Participating child must be a Y member to receive member rate and early registration.

GROUP SWIM LESSONS

In YMCA Group Swim Lessons, a natural progression promotes safe and effective swimming for all ages- from infants learning to love the water to advanced swimmers perfecting their strokes. All age groups are taught the same skills, divided into stages according to developmental milestones.

More information on stage prerequisites can be found on the Lesson Selector, or by visiting ymcanorth.org/swimmin

SWIM SAFETY LESSONS

The Y's Swim Safety program focuses on developing water comfort and basic self-rescue skills. Children not yet proficient in swim strokes gain confidence in and around the water. Instructors guide practice in safe water entry and exit, floating, and submersion. Swim Safety Lessons are offered by age.

SPECIALTY CLASSES

Children, teens and adults expand their skills and knowledge with YMCA Aquatics Specialty classes. Program offerings vary by location and may include swim team preparation, Adaptive instruction, leadership and more.

PRIVATE AND SEMI-PRIVATE LESSONS

Private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give participants individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals. Private and semi-private lessons are 30 minutes in length, and can begin at any time.

To arrange lessons, please contact the Aquatics Department.

PRIVATE LESSON RATES

Members

- 1 lesson \$48
- 3 lessons \$137
- 7 lessons \$298

Non-Members

- 1 lesson \$99
- 3 lessons \$279
- 7 lessons \$609

BUDDY SWIM RATES

Members

- 3 lessons \$204
- 7 lessons \$415

Non-Members

- 3 lessons \$429
- 7 lessons \$869



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 1–6



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 with face in the water?

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.

Monday		January 12-February 23		School Age Swim Lessons Stages 1-3		\$70/\$140	
4:20 pm-4:50 pm				5:30 pm-6:00 pm			
Swim Crew		\$80/\$160		Preschool Swim Lessons Stages 1-3		\$70/\$140	
4:55 pm-5:25 pm				School Age Swim Lessons Stages 1-3		\$70/\$140	
Parent/Child Swim Starters Stages A-B		\$70/\$140		6:05 pm-6:35 pm			
Preschool Swim Lessons Stages 1-3		\$70/\$140		Preschool Swim Lessons Stages 1-3		\$70/\$140	
School Age Swim Lessons Stages 1-3		\$70/\$140		School Age Swim Lessons Stages 1-3		\$70/\$140	
5:30 pm-6:00 pm				6:40 pm-7:10 pm			
Parent/Child Swim Starters Stages A-B		\$70/\$140		Preschool Swim Lessons Stages 1-3		\$70/\$140	
Preschool Swim Lessons Stages 1-3		\$70/\$140		School Age Swim Lessons Stages 1-3		\$70/\$140	
School Age Swim Lessons Stages 1-3		\$70/\$140		Thursday			
Adult Swim Lessons Stage 1		\$70/\$140		January 15-February 26			
6:05 pm-6:35 pm				4:20 pm-4:50 pm			
Parent/Child Swim Starters Stages A-B		\$70/\$140		Preschool Swim Lessons Stages 1-3		\$70/\$140	
Preschool Swim Lessons Stages 1-3		\$70/\$140		School Age Swim Lessons Stages 1-3		\$70/\$140	
School Age Swim Lessons Stages 1-3		\$70/\$140		School Age Swim Lessons Stage 4		\$70/\$140	
Adult Swim Lessons Stages 2-3		\$70/\$140		4:55 pm-5:25 pm			
6:40 pm-7:10 pm				Preschool Swim Lessons Stages 1-3		\$70/\$140	
Preschool Swim Lessons Stages 1-3		\$70/\$140		School Age Swim Lessons Stages 1-3		\$70/\$140	
School Age Swim Lessons Stages 1-3		\$70/\$140		School Age Swim Lessons Stage 4		\$70/\$140	
Adult Swim Lessons Stage 4		\$70/\$140		5:30 pm-6:00 pm			
7:15 pm-7:45 pm				Preschool Swim Lessons Stages 1-3		\$70/\$140	
Adult Swim Lessons Stages 5-6		\$70/\$140		School Age Swim Lessons Stages 1-3		\$70/\$140	
Adult Swim Lessons Stages 5-6		\$70/\$140		School Age Swim Lessons Stages 5-6		\$70/\$140	
Tuesday				6:05 pm-6:35 pm			
January 13-February 24				Preschool Swim Lessons Stages 1-3		\$70/\$140	
4:20 pm-4:50 pm				School Age Swim Lessons Stages 1-3		\$70/\$140	
Preschool Swim Lessons Stages 1-3		\$70/\$140		School Age Swim Lessons Stages 5-6		\$70/\$140	
School Age Swim Lessons Stages 1-3		\$70/\$140		6:40 pm-7:10 pm			
School Age Swim Lessons Stage 4		\$70/\$140		Preschool Swim Lessons Stages 1-3		\$70/\$140	
4:55 pm-5:25 pm				School Age Swim Lessons Stages 1-3		\$70/\$140	
Preschool Swim Lessons Stages 1-3		\$70/\$140		Friday			
School Age Swim Lessons Stages 1-3		\$70/\$140		January 16-February 27			
School Age Swim Lessons Stages 5-6		\$70/\$140		9:00 am-9:30 am			
5:30 pm-6:00 pm				Preschool Swim Lessons Stages 1-3		\$70/\$140	
Preschool Swim Lessons Stages 1-3		\$70/\$140		9:35 am-10:05 am			
School Age Swim Lessons Stages 1-3		\$70/\$140		Preschool Swim Lessons Stages 1-3		\$70/\$140	
School Age Swim Lessons Stage 4		\$70/\$140		10:10 am-10:40 am			
6:05 pm-6:35 pm				Preschool Swim Lessons Stages 1-3		\$70/\$140	
Preschool Swim Lessons Stages 1-3		\$70/\$140		10:45 am-11:15 am			
School Age Swim Lessons Stages 1-3		\$70/\$140		Preschool Swim Lessons Stages 1-3		\$70/\$140	
6:40 pm-7:10 pm				4:20 pm-4:50 pm			
Preschool Swim Lessons Stages 1-3		\$70/\$140		Swim Crew		\$80/\$160	
School Age Swim Lessons Stages 1-3		\$70/\$140					
Wednesday							
January 14-February 25							
4:55 pm-5:25 pm							
Preschool Swim Lessons Stages 1-3		\$70/\$140					

Lesson availability varies by location. Schedules subject to change.

Please visit www.ymcanorth.org for updated class listings.