



# White Bear Area YMCA Swim Lessons Schedule

Winter 2026 January 12-March 1

(651) 777-8103

[ymcanorth.org/whitebear](http://ymcanorth.org/whitebear)

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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](http://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.

| <b>Monday January 12-February 23</b>             |            |
|--------------------------------------------------|------------|
| <b>4:30 pm-5:00 pm</b>                           |            |
| Preschool Swim Lessons Stages 1-2                | \$70/\$140 |
| School Age Swim Lessons Stages 5-6               | \$70/\$140 |
| <b>5:05 pm-5:35 pm</b>                           |            |
| Preschool Swim Lessons Stage 3                   | \$70/\$140 |
| School Age Swim Lessons Stage 4                  | \$70/\$140 |
| <b>5:40 pm-6:10 pm</b>                           |            |
| Parent/Child Swim Starters Stages A-B Stages A-B | \$70/\$140 |
| School Age Swim Lessons Stages 1-2               | \$70/\$140 |
| School Age Swim Lessons Stage 3                  | \$70/\$140 |
| <b>6:15 pm-6:45 pm</b>                           |            |
| Preschool Swim Lessons Stages 1-2                | \$70/\$140 |
| Preschool Swim Lessons Stage 3                   | \$70/\$140 |
| School Age Swim Lessons Stage 4                  | \$70/\$140 |
| <b>6:50 pm-7:20 pm</b>                           |            |
| School Age Swim Lessons Stages 1-2               | \$70/\$140 |
| School Age Swim Lessons Stage 3                  | \$70/\$140 |
| <b>7:25 pm-7:55 pm</b>                           |            |
| Teen Swim Lessons Stages 1-3                     | \$70/\$140 |
| Teen Swim Lessons Stages 4-6                     | \$70/\$140 |
| <b>8:00 pm-8:30 pm</b>                           |            |
| Adult Swim Lessons Stages 1-3                    | \$70/\$140 |
| Adult Swim Lessons Stages 4-6                    | \$70/\$140 |

| <b>Wednesday January 14-February 25</b>          |            |
|--------------------------------------------------|------------|
| <b>4:30 pm-5:00 pm</b>                           |            |
| Preschool Swim Lessons Stages 1-2                | \$70/\$140 |
| Preschool Swim Lessons Stage 3                   | \$70/\$140 |
| <b>5:05 pm-5:35 pm</b>                           |            |
| Preschool Swim Lessons Stages 1-2                | \$70/\$140 |
| <b>5:40 pm-6:10 pm</b>                           |            |
| Parent/Child Swim Starters Stages A-B Stages A-B | \$70/\$140 |
| Preschool Swim Lessons Stage 3                   | \$70/\$140 |
| <b>6:15 pm-6:45 pm</b>                           |            |
| School Age Swim Lessons Stages 1-2               | \$70/\$140 |
| <b>6:50 pm-7:20 pm</b>                           |            |
| School Age Swim Lessons Stage 3                  | \$70/\$140 |
| <b>7:25 pm-7:55 pm</b>                           |            |
| School Age Swim Lessons Stage 4                  | \$70/\$140 |
| School Age Swim Lessons Stages 5-6               | \$70/\$140 |

| <b>Friday January 16-February 27</b> |  |
|--------------------------------------|--|
| <b>4:30 pm-5:00 pm</b>               |  |

|                                    |            |
|------------------------------------|------------|
| Preschool Swim Lessons Stages 1-2  | \$70/\$140 |
| School Age Swim Lessons Stages 1-2 | \$70/\$140 |
| School Age Swim Lessons Stage 3    | \$70/\$140 |
| <b>5:05 pm-5:35 pm</b>             |            |
| Preschool Swim Lessons Stage 3     | \$70/\$140 |
| School Age Swim Lessons Stage 4    | \$70/\$140 |
| School Age Swim Lessons Stages 5-6 | \$70/\$140 |
| <b>5:40 pm-6:10 pm</b>             |            |
| Preschool Swim Lessons Stages 1-2  | \$70/\$140 |
| School Age Swim Lessons Stage 4    | \$70/\$140 |
| <b>6:15 pm-6:45 pm</b>             |            |
| Preschool Swim Lessons Stage 3     | \$70/\$140 |
| School Age Swim Lessons Stages 1-2 | \$70/\$140 |
| School Age Swim Lessons Stage 3    | \$70/\$140 |
| <b>6:50 pm-7:20 pm</b>             |            |
| School Age Swim Lessons Stage 4    | \$70/\$140 |
| School Age Swim Lessons Stages 5-6 | \$70/\$140 |
| <b>7:25 pm-7:55 pm</b>             |            |
| School Age Swim Lessons Stages 1-2 | \$70/\$140 |
| School Age Swim Lessons Stage 3    | \$70/\$140 |
| Adult Swim Lessons Stages 1-3      | \$70/\$140 |
| <b>8:00 pm-8:30 pm</b>             |            |
| School Age Swim Lessons Stage 3    | \$70/\$140 |
| School Age Swim Lessons Stage 4    | \$70/\$140 |
| Adult Swim Lessons Stages 4-6      | \$70/\$140 |

| <b>Saturday January 24-February 28</b>           |            |
|--------------------------------------------------|------------|
| <b>9:00 am-9:30 am</b>                           |            |
| Parent/Child Swim Starters Stages A-B Stages A-B | \$70/\$140 |
| Adult Swim Lessons Stages 4-6                    | \$70/\$140 |
| <b>9:35 am-10:05 am</b>                          |            |
| Preschool Swim Lessons Stages 1-2                | \$70/\$140 |
| School Age Swim Lessons Stages 1-2               | \$70/\$140 |
| <b>10:10 am-10:40 am</b>                         |            |
| School Age Swim Lessons Stage 3                  | \$70/\$140 |
| School Age Swim Lessons Stage 4                  | \$70/\$140 |
| <b>10:45 am-11:15 am</b>                         |            |
| Preschool Swim Lessons Stage 3                   | \$70/\$140 |
| School Age Swim Lessons Stages 5-6               | \$70/\$140 |
| <b>11:20 am-11:50 am</b>                         |            |
| Teen Swim Lessons Stages 1-3                     | \$70/\$140 |
| Adult Swim Lessons Stages 1-3                    | \$70/\$140 |
| <b>11:55 am-12:25 pm</b>                         |            |
| Preschool Swim Lessons Stage 3                   | \$70/\$140 |
| School Age Swim Lessons Stage 4                  | \$70/\$140 |
| <b>12:30 pm-1:00 pm</b>                          |            |

|                                    |            |
|------------------------------------|------------|
| School Age Swim Lessons Stages 1-2 | \$70/\$140 |
| School Age Swim Lessons Stage 3    | \$70/\$140 |

*Lesson availability varies by location. Schedules subject to change.*  
*Please visit [www.ymcanorth.org](http://www.ymcanorth.org) for updated class listings.*