

# YMCA of Central Texas 2026 Swim Lesson Calendar

JANUARY						
Su	M	Tu	W	Th	F	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24		26	27	28	29	30
31						

Session	Class Days	Session Dates	YMCA Member Registration Dates	Community Member Registration Dates	# of Classes
Session 1	Mon/Wed	Jan. 5th - 28th	Dec. 1st - Jan. 1st	Dec. 8th - Jan. 1st	8
Session 1	Tues/Thurs	Jan. 6th - 29th	Dec. 1st - Jan. 1st	Dec. 8th - Jan. 1st	8
Session 1	Saturday	Jan. 10th - 31st	Dec. 1st - Jan. 1st	Dec. 8th - Jan. 1st	4
Session 2	Mon/Wed	Feb. 2nd - 25th	Jan. 1st - Jan. 29th	Jan. 8th - Jan. 29th	8
Session 2	Tues/Thurs	Feb. 3rd - 26th	Jan. 1st - Jan. 29th	Jan. 8th - Jan. 29th	8
Session 2	Saturday	Feb. 7th - 28th	Jan. 1st - Jan. 29th	Jan. 8th - Jan. 29th	4
Session 3	Mon/Wed	Mar. 2nd - Apr. 1st	Feb. 1st - Feb. 26th	Feb. 8th - Feb. 26th	8
Session 3	Tues/Thur	Mar. 3rd - Apr. 2nd	Feb. 1st - Feb. 26th	Feb. 8th - Feb. 26th	8
Session 3	Saturday	Mar. 7th - Marc. 28th	Feb. 1st - Feb. 26th	Feb. 8th - Feb. 26th	3
Session 4	Mon/Wed	Apr. 6th - 29th	Mar. 1st - Apr. 2nd	Mar. 8th - Apr. 2nd	8
Session 4	Tues/Thurs	Apr. 7th - 30th	Mar. 1st - Apr. 2nd	Mar. 8th - Apr. 2nd	8
Session 4	Saturday	Apr. 11th - May 2nd	Mar. 1st - Apr. 2nd	Mar. 8th - Apr. 2nd	4
Session 5	Mon/Wed	May 4th - 29th	Apr. 1st - Apr. 30th	Apr. 8th - Apr. 30th	6
Session 5	Tues/Thurs	May 5th - 28th	Apr. 1st - Apr. 30th	Apr. 8th - Apr. 30th	6
Session 5	Saturday	May 9th - June 9th	Apr. 1st - Apr. 30th	Apr. 8th - Apr. 30th	3

# YMCA of Central Texas 2026 Swim Lesson Calendar

JUNE							
Su	M	Tu	W	Th	F	Sa	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

JULY							
Su	M	Tu	W	Th	F	Sa	
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19	20	21	22	23	24	25	
26	27	28	29	30	31		

AUGUST							
Su	M	Tu	W	Th	F	Sa	
						1	
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16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

Session	Class Days	Session Dates	YMCA Member Registration Dates	Community Member Registration Dates	# of Classes
Session 6	Mon/Wed	Jun. 1st - 24th	May 1st - May 28th	May 8th - May 28th	8
Session 6	Tues/Thurs	Jun. 2nd - 25th	May 1st - May 28th	May 8th - May 28th	8
Session 6	Saturday	Jun. 6th - 27th	May 1st - May 28th	May 8th - May 28th	4
Session 6A	Mon-Thurs	Jun. 1st - 11th	May 1st - May 28th	May 8th - May 28th	4
Session 6B	Mon-Thurs	Jun. 15th - 25th	May 1st - May 28th	May 8th - May 28th	8
Session 7	Mon/Wed	Jul. 6th - 29th	Jun. 1st - Jul. 2nd	Jun. 8th - Jul. 2nd	8
Session 7	Tues/Thurs	Jul. 7th - 30th	Jun. 1st - Jul. 2nd	Jun. 8th - Jul. 2nd	8
Session 7	Saturday	Jul. 11th - Aug. 1st	Jun. 1st - Jul. 2nd	Jun. 8th - Jul. 2nd	4
Session 7A	Mon-Thurs	Jul. 6th - 16th	Jun. 1st - Jul. 2nd	Jun. 8th - Jul. 2nd	8
Session 7B	Mon-Thurs	Jul. 20th - 30th	Jun. 1st - Jul. 2nd	Jun. 8th - Jul. 2nd	8
Session 8	Mon/Wed	Aug. 3rd - 26th	Jul. 1st - Jul. 30th	Jul. 8th - Jul. 30th	8
Session 8	Tues/Thurs	Aug. 4th - 27th	Jul. 1st - Jul. 30th	Jul. 8th - Jul. 30th	8
Session 8	Saturday	Aug. 8th - 29th	Jul. 1st - Jul. 30th	Jul. 8th - Jul. 30th	4

# YMCA of Central Texas 2026 Swim Lesson Calendar

SEPTEMBER						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6		8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER						
Su	M	Tu	W	Th	F	Sa
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25		27	28
29	30					

DECEMBER						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23			26
27	28	29	30	31		

Session	Class Days	Session Dates	YMCA Member Registration Dates	Community Member Registration Dates	# of Classes
Session 9	Mon/Wed	Aug. 31st - Sep. 23rd	Aug. 1st - Aug. 27th	Aug. 8th - Aug. 27th	8
Session 9	Tues/Thur	Sep. 1st - 24th	Aug. 1st - Aug. 27th	Aug. 8th - Aug. 27th	8
Session 9	Saturday	Sep. 5th - 26th	Aug. 1st - Aug. 27th	Aug. 8th - Aug. 27th	4
Session 10	Mon/Wed	Sep. 28th - Oct. 21st	Sept. 1st - Sep. 24th	Sept. 8th - Sep. 24th	8
Session 10	Tues/Thurs	Sep. 29th - Oct. 22nd	Sept. 1st - Sep. 24th	Sept. 8th - Sep. 24th	8
Session 10	Saturday	Oct. 3rd - 24th	Sept. 1st - Sep. 24th	Sept. 8th - Sep. 24th	4
Session 11	Mon/Wed	Oct. 26th - Nov. 18th	Oct. 1st - Oct. 22nd	Oct. 8th - Oct. 22nd	8
Session 11	Tues/Thurs	Oct. 27th - Nov. 19th	Oct. 1st - Oct. 22nd	Oct. 8th - Oct. 22nd	8
Session 11	Saturday	Oct. 31st - Nov. 21st	Oct. 1st - Oct. 22nd	Oct. 8th - Oct. 22nd	4
Session 12	Mon/Wed	Nov. 30th - Dec. 16th	Nov. 1st - Nov. 26th	Nov. 8th - Nov. 26th	6
Session 12	Tues/Thurs	Dec. 1st - 17th	Nov. 1st - Nov. 26th	Nov. 8th - Nov. 26th	6
Session 12	Saturday	Dec. 5th - 19th	Nov. 1st - Nov. 26th	Nov. 8th - Nov. 26th	3

# STAGES OF LEARNING

All age groups are taught skills in a progressive learning style divided according to their developmental milestones.



If you are unsure of what class your child should be in, please use this QR code to take our swim assessment.



## SWIM STARTERS

### Parent & Child

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.

**A**

Water Discovery

Introduces infants and toddlers to the aquatic environment.

For students not yet able to respond to verbal cues and jump on land.

**B**

Water Exploration

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

For students not yet comfortable working with an instructor without a parent in the water.

## SWIM BASICS

### Preschool, Grade School, Teen, and Adult

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

**1. Swim, float, swim | 2. Jump, push, turn, grab**

**1**

Water Acclimation

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

**2**

Water Movement

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

**3**

Water Stamina

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

For students not yet able to swim 10-15 yards on their front and back.

## SWIM STROKES

### Grade School, Teen, and Adult

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.

**4**

Stroke Introduction

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

For students not yet able to swim 15 yards of front and back crawl.

**5**

Stroke Development

Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

For students not yet able to swim front crawl, back crawl, and breaststroke across the pool.

**6**

Stroke Mechanics

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

For students not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.