



Forest Lake YMCA

Swim Lessons Schedule

Summer 2025 - June 2 - August 29 *No Classes July 4th

(651) 259-2133

ymcanorth.org/forestlake

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.

We offer a variety of schedules during the summer, and most lessons are 30 minutes long. 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.

Wondering where to start?

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/swimming.

MEMBER RATE

- 8-, 4- and 2-week Swim Lessons \$80
- 1-week (5x/wk) Swim Lessons: \$70

NON-MEMBER RATE

- 8-, 4- and 2- week Swim Lessons: \$160
- 1-week (5x/wk) Swim Lessons: \$140

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.

MEMBER RATE

- Swim Lessons: \$59

NON-MEMBER RATE

- Swim Lessons: \$99

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.

Pricing and class length varies for Specialty Classes. Please visit www.ymcanorth.org for details.

Monday	June 16–August 4	(Once a week for 8 weeks)
Time	Class	
4:30 pm to 5:00 pm	Preschool Stage 1	
5:05 pm to 5:35 pm	Preschool Stage 2	
5:40 pm to 6:10 pm	Preschool Stage 3	
6:15 pm to 6:45 pm	School Age Stage 3	
6:50 pm to 7:20 pm	School Age Stage 4	
Tuesday	June 17–August 5	(Once a week for 8 weeks)
Time	Class	
4:30 pm to 5:00 pm	Preschool Stage 1	
5:05 pm to 5:35 pm	Preschool Stage 2	
5:40 pm to 6:10 pm	Preschool Stage 3	
6:15 pm to 6:45 pm	School Age Stage 2	
6:50 pm to 7:20 pm	School Age Stage 3	
Wednesday	June 18–August 6	(Once a week for 8 weeks)
Time	Class	
7:05 am to 7:35 am	Adult Stages 1-3	
7:40 am to 8:10 am	Adult Stages 4-5	
8:15 am to 8:45 am	Parent/Child Swim Starters Stages A-B	
10:15 am to 10:45 am	Preschool Stage 1	
10:15 am to 10:45 am	School Age Stage 1	
10:50 am to 11:20 am	Preschool Stage 2	
10:50 am to 11:20 am	School Age Stage 2	
11:25 am to 11:55 am	Preschool Stage 3	
11:25 am to 11:55 am	School Age Stage 3	
4:30 pm to 5:00 pm	Preschool Stage 1	
4:30 pm to 5:00 pm	School Age Stage 3	
5:05 pm to 5:35 pm	Parent/Child Swim Starters Stages A-B	
5:05 pm to 5:35 pm	Preschool Stage 2	
5:40 pm to 6:10 pm	Preschool Stage 3	
5:40 pm to 6:10 pm	School Age Stage 4	
6:15 pm to 6:45 pm	Preschool Stage 2	
6:15 pm to 6:45 pm	School Age Stage 5	
6:50 pm to 7:20 pm	School Age Stage 6	
6:50 pm to 7:20 pm	School Age Stage 2	
Thursday	June 19–August 7	(Once a week for 8 weeks)
Time	Class	
7:40 am to 8:10 am	Adult Stage 6	
8:15 am to 8:45 am	Parent/Child Swim Starters Stages A-B	
Friday	June 20–August 8	(Once a week for 7 weeks – No July 4)
Time	Class	
7:40 am to 8:10 am	Adult Stages 1-3	
8:15 am to 8:45 am	Adult Stages 4-5	
10:30 am to 11:00 am	Competitive Stroke & Turn Development	
Saturday	June 21–August 9	(Once a week for 8 weeks)
Time	Class	
9:00 am to 9:30 am	Preschool Stage 2	

Saturday		June 21–August 9	(Once a week for 8 weeks)
Time	Class		
9:00 am to 9:30 am	Preschool Stage 1		
9:00 am to 9:30 am	School Age Stage 4		
9:35 am to 10:05 am	Preschool Stage 3		
9:35 am to 10:05 am	School Age Stage 1		
9:35 am to 10:05 am	School Age Stage 2		
10:10 am to 10:40 am	Parent/Child Swim Starters Stages A–B		
10:10 am to 10:40 am	Preschool Stage 2		
10:10 am to 10:40 am	Preschool Stage 1		
10:10 am to 10:40 am	School Age Stage 3		
10:45 am to 11:15 am	Preschool Stage 1		
10:45 am to 11:15 am	Preschool Stage 3		
10:45 am to 11:15 am	School Age Stage 3		
10:45 am to 11:15 am	School Age Stage 5		
11:20 am to 11:50 am	Parent/Child Swim Starters Stages A–B		
11:20 am to 11:50 am	Preschool Stage 2		
11:20 am to 11:50 am	School Age Stage 2		
11:20 am to 11:50 am	School Age Stage 4		
11:55 am to 12:25 pm	Preschool Stage 4		
11:55 am to 12:25 pm	Preschool Stage 1		
11:55 am to 12:25 pm	School Age Stage 6		
11:55 am to 12:25 pm	School Age Stage 3		

Monday & Wednesday		June 9 – July 2	(Twice a week for 4 weeks)
Time	Class		
10:30 am to 11:00 am	School Age Stage 3		

Monday & Wednesday		July 7 – 30	(Twice a week for 4 weeks)
Time	Class		
10:30 am to 11:00 am	School Age Stage 2		

Monday & Wednesday		August 4 – 27	(Twice a week for 4 weeks)
Time	Class		
10:30 am to 11:00 am	School Age Stage 1		

Tuesday & Thursday		June 10 – July 1	(Twice a week for 4 weeks)
Time	Class		
10:30 am to 11:00 am	School Age Stage 2		

Tuesday & Thursday		July 8 – 31	(Twice a week for 4 weeks)
Time	Class		
10:30 am to 11:00 am	School Age Stage 4		

Tuesday & Thursday		August 5 – 28	(Twice a week for 4 weeks)
Time	Class		
10:30 am to 11:00 am	School Age Stage 3		

Monday – Thursday		June 9 – 19	(Four times a week for 2 weeks)
Time	Class		
9:55 am to 10:25 am	School Age Stage 1		

Monday – Thursday		June 23 – July 2	(Four times a week for 2 weeks)
--------------------------	--	-------------------------	--

Time	Class	
9:55 am to 10:25 am	School Age Stage 2	
Monday - Thursday	July 7 - 17	(Four times a week for 2 weeks)
Time	Class	
9:55 am to 10:25 am	School Age Stage 3	
Monday - Thursday	July 21 - 31	(Four times a week for 2 weeks)
Time	Class	
9:55 am to 10:25 am	School Age Stage 4	
Monday - Thursday	August 4 - 14	(Four times a week for 2 weeks)
Time	Class	
9:55 am to 10:25 am	School Age Stage 5	
Monday - Thursday	August 18 - 28	(Four times a week for 2 weeks)
Time	Class	
9:55 am to 10:25 am	School Age Stage 6	
Monday - Friday	June 9 - 13	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 1	
Monday - Friday	June 16 - 20	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 2	
Monday - Friday	June 23 - 27	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 3	
Monday - Friday	June 30 - July 4	(Four times a week for 1 week- no class July 4th)
Time	Class	
9:10 am to 9:50 am	School Age Stage 4	
Monday - Friday	July 7 - 11	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 1	
Monday - Friday	July 14 - 18	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 2	
Monday - Friday	July 21 - 25	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 3	
Monday - Friday	July 28 - August 1	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 4	
Monday - Friday	August 4 - 8	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 1	
Monday - Friday	August 11 - 15	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 2	
Monday - Friday	August 18 - 22	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 3	
Monday - Friday	August 25 - 29	(Five times a week for 1 week)
Time	Class	
9:10 am to 9:50 am	School Age Stage 4	

Time

Class

Lesson availability varies by location. Schedules subject to change. Please visit www.ymcanorth.org for updated class listings.



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 1–3



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.

SWIM TEAM

Our trained coaches work to improve swimmers' skill level, endurance and to promote a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level.

YMCA Swim Teams are offered at most locations in the Twin Cities metro area. Swim meets are scheduled against other teams in the Minnesota State League, typically at other Y locations on Saturdays.

For more information on team locations, practices, and swim meets, please visit us online at www.ymcanorth.org.



PRIVATE AND BUDDY SWIM 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 Buddy Swim 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 (Rates Are Per Person)

Members

- 3 lessons \$102
- 7 lessons \$208

Non-Members

- 3 lessons \$214
- 7 lessons \$434

REGISTER ONLINE

- Visit www.ymcanorth.org to register online for group lessons.
- Select **Swimming** under "Programs and Classes" to search lessons and read more about ages, levels, and skills.
- First time user? Go to community.ymcanorth.org to create your account for online registration.
- If you have questions, please call Y Customer Service at 612-230-9622 or contact us at www.ymcanorth.org/contact_us

BUILDING HOURS

Monday-Friday: 5 AM - 9 PM
Saturday: 7 AM - 5 PM
Sunday: 7 AM - 5 PM

KIDS STUFF HOURS

Monday-Friday: 8 AM - 12 PM (M-F) & 4 PM - 7:30 PM (M-TH)
Saturday: 8 AM - 12:30 PM
Sunday: Closed

CONTACT US

Be sure to visit our web site for additional information, including updated class listings, facility features, and tips on preparing for lessons. If you have additional questions, please contact the Aquatics Department.