



# White Bear Area YMCA Swim Lessons Schedule

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

(651) 777-8103

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

## 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](http://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](http://www.ymcanorth.org) for details.

<b>Monday</b>		<b>June 16–August 4</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>		
4:00 pm to 4:30 pm	Preschool Stages 1–2		
4:00 pm to 4:30 pm	School Age Stages 5–6		
4:00 pm to 4:30 pm	School Age Stage 4		
4:35 pm to 5:05 pm	Preschool Stage 3		
4:35 pm to 5:05 pm	School Age Stages 1–2		
5:10 pm to 5:40 pm	School Age Stage 3		
5:10 pm to 5:40 pm	School Age Stage 4		
5:45 pm to 6:15 pm	Parent/Child Swim Starters Stages A–B		
5:45 pm to 6:15 pm	Preschool Stages 1–2		
5:45 pm to 6:15 pm	School Age Stages 1–2		
5:45 pm to 6:15 pm	School Age Stages 5–6		
6:20 pm to 6:50 pm	Parent/Child Swim Starters Stages A–B		
6:20 pm to 6:50 pm	Preschool Stage 3		
6:20 pm to 6:50 pm	School Age Stage 3		
6:20 pm to 6:50 pm	Swim Crew		
6:55 pm to 7:25 pm	Preschool Stages 1–2		
6:55 pm to 7:25 pm	School Age Stages 1–2		
6:55 pm to 7:25 pm	School Age Stage 4		
6:55 pm to 7:25 pm	Adult Stages 1–3		
7:30 pm to 8:00 pm	Preschool Stage 3		
7:30 pm to 8:00 pm	School Age Stages 5–6		
7:30 pm to 8:00 pm	School Age Stage 3		
7:30 pm to 8:00 pm	Adult Stages 4–6		

<b>Wednesday</b>		<b>June 18–August 6</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>		
4:00 pm to 4:30 pm	Preschool Stages 1–2		
4:00 pm to 4:30 pm	Preschool Stage 3		
4:00 pm to 4:30 pm	School Age Stages 1–2		
4:00 pm to 4:30 pm	School Age Stages 5–6		
4:35 pm to 5:05 pm	School Age Stage 4		
4:35 pm to 5:05 pm	School Age Stages 1–2		
4:35 pm to 5:05 pm	School Age Stage 3		
5:10 pm to 5:40 pm	Preschool Stages 1–2		
5:10 pm to 5:40 pm	Preschool Stage 3		
5:10 pm to 5:40 pm	School Age Stages 5–6		
5:10 pm to 5:40 pm	School Age Stage 3		
5:45 pm to 6:15 pm	Preschool Stages 1–2		
5:45 pm to 6:15 pm	School Age Stages 1–2		
5:45 pm to 6:15 pm	School Age Stage 4		
6:20 pm to 6:50 pm	Preschool Stages 1–2		
6:20 pm to 6:50 pm	Preschool Stage 3		
6:20 pm to 6:50 pm	School Age Stages 5–6		
6:20 pm to 6:50 pm	School Age Stages 1–2		
6:20 pm to 6:50 pm	School Age Stage 3		

<b>Wednesday</b>	<b>June 18–August 6</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>	
6:55 pm to 7:25 pm	Preschool Stages 1–2	
6:55 pm to 7:25 pm	Preschool Stage 3	
6:55 pm to 7:25 pm	School Age Stage 4	
6:55 pm to 7:25 pm	School Age Stage 3	
6:55 pm to 7:25 pm	School Age Stages 1–2	
7:30 pm to 8:00 pm	Competitive Stroke & Turn Development	

<b>Monday – Thursday</b>	<b>June 16 – 26</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>	
9:00 am to 9:30 am	Preschool Stages 1–2	
9:00 am to 9:30 am	School Age Stages 1–2	
9:35 am to 10:05 am	Preschool Stage 3	
9:35 am to 10:05 am	School Age Stage 3	
10:10 am to 10:40 am	School Age Stage 4	
10:10 am to 10:40 am	School Age Stages 1–2	
10:45 am to 11:15 am	Preschool Stages 1–2	
10:45 am to 11:15 am	School Age Stages 5–6	

<b>Monday – Thursday</b>	<b>June 30 – July 10</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>	
9:00 am to 9:30 am	Preschool Stages 1–2	
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	Competitive Stroke & Turn Development	
10:10 am to 10:40 am	Preschool Stages 1–2	
10:10 am to 10:40 am	School Age Stage 3	
10:45 am to 11:15 am	School Age Stages 1–2	
10:45 am to 11:15 am	School Age Stage 4	

<b>Monday – Thursday</b>	<b>July 14 – 24</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>	
9:00 am to 9:30 am	Preschool Stage 3	
9:00 am to 9:30 am	School Age Stage 4	
9:00 am to 9:30 am	School Age Stages 1–2	
9:35 am to 10:05 am	Preschool Stages 1–2	
9:35 am to 10:05 am	School Age Stage 3	
9:35 am to 10:05 am	School Age Stages 5–6	
10:10 am to 10:40 am	Preschool Stages 1–2	
10:10 am to 10:40 am	School Age Stages 1–2	
10:10 am to 10:40 am	Competitive Stroke & Turn Development	
10:45 am to 11:15 am	Preschool Stage 3	
10:45 am to 11:15 am	School Age Stage 3	

<b>Monday - Thursday</b>		<b>July 14 - 24</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>		
10:45 am to 11:15 am	School Age Stage 4		

<b>Monday - Thursday</b>		<b>July 28 - August 7</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>		
9:00 am to 9:30 am	Preschool Stage 3		
9:00 am to 9:30 am	School Age Stage 4		
9:35 am to 10:05 am	Preschool Stages 1-2		
9:35 am to 10:05 am	School Age Stage 3		
10:10 am to 10:40 am	School Age Stages 1-2		
10:10 am to 10:40 am	School Age Stages 5-6		
10:45 am to 11:15 am	School Age Stage 3		
10:45 am to 11:15 am	School Age Stage 4		

<b>Monday - Friday</b>		<b>June 16 - 20</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>		
1:00 pm to 1:40 pm	Preschool Stages 1-2		
1:00 pm to 1:40 pm	School Age Stage 4		
1:45 pm to 2:25 pm	Preschool Stage 3		
1:45 pm to 2:25 pm	School Age Stage 3		
1:45 pm to 2:25 pm	School Age Stages 5-6		
2:30 pm to 3:10 pm	Preschool Stage 3		
2:30 pm to 3:10 pm	Preschool Stages 1-2		
2:30 pm to 3:10 pm	School Age Stages 1-2		
3:15 pm to 3:55 pm	School Age Stage 3		
3:15 pm to 3:55 pm	School Age Stage 4		
3:15 pm to 3:55 pm	School Age Stages 1-2		

<b>Monday - Friday</b>		<b>June 23 - 27</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>		
1:00 pm to 1:40 pm	School Age Stage 4		
1:45 pm to 2:25 pm	Preschool Stages 1-2		
1:45 pm to 2:25 pm	School Age Stages 5-6		
2:30 pm to 3:10 pm	Preschool Stage 3		
2:30 pm to 3:10 pm	School Age Stage 4		
3:15 pm to 3:55 pm	School Age Stages 5-6		
3:15 pm to 3:55 pm	School Age Stages 1-2		

<b>Monday - Friday</b>		<b>July 7 - 11</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>		
1:00 pm to 1:40 pm	Preschool Stages 1-2		
1:45 pm to 2:25 pm	Preschool Stage 3		
2:30 pm to 3:10 pm	School Age Stages 1-2		
3:15 pm to 3:55 pm	School Age Stage 3		

<b>Monday - Friday</b>		<b>July 14 - 18</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>		
1:00 pm to 1:40 pm	Preschool Stages 1-2		
1:00 pm to 1:40 pm	School Age Stage 4		
1:45 pm to 2:25 pm	Preschool Stage 3		

<b>Monday - Friday</b>		<b>July 14 - 18</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>		
1:45 pm to 2:25 pm	School Age Stages 5-6		
2:30 pm to 3:10 pm	School Age Stage 4		
2:30 pm to 3:10 pm	School Age Stages 1-2		
3:15 pm to 3:55 pm	School Age Stages 5-6		
3:15 pm to 3:55 pm	School Age Stage 3		
<b>Monday - Friday</b>		<b>July 21 - 25</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>		
1:00 pm to 1:40 pm	Preschool Stages 1-2		
1:45 pm to 2:25 pm	Preschool Stage 3		
2:30 pm to 3:10 pm	School Age Stages 1-2		
3:15 pm to 3:55 pm	School Age Stage 3		
<b>Monday - Friday</b>		<b>July 28 - August 1</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>		
1:00 pm to 1:40 pm	School Age Stage 4		
1:45 pm to 2:25 pm	School Age Stages 5-6		
2:30 pm to 3:10 pm	School Age Stage 4		
3:15 pm to 3:55 pm	School Age Stages 5-6		
<b>Monday - Friday</b>		<b>August 4 - 8</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>		
1:00 pm to 1:40 pm	Preschool Stages 1-2		
1:00 pm to 1:40 pm	School Age Stages 1-2		
1:45 pm to 2:25 pm	Preschool Stage 3		
1:45 pm to 2:25 pm	School Age Stage 3		
2:30 pm to 3:10 pm	School Age Stage 4		
2:30 pm to 3:10 pm	School Age Stages 1-2		
3:15 pm to 3:55 pm	School Age Stages 5-6		
3:15 pm to 3:55 pm	School Age Stage 3		

*Lesson availability varies by location. Schedules subject to change. Please visit [www.ymcanorth.org](http://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](http://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](http://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](http://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](http://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: 9 AM - 12 PM (M-F) & 4:30 PM - 8 PM (M-TH)  
Saturday: 9 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.

### Aquatics Program Office

Sarah Rae Helms, Aquatics Director | 651-259-1463 | [sarah.helms@ymcamn.org](mailto:sarah.helms@ymcamn.org)