



CRANFORD YMCA **YOUTH PROGRAMS**

Summer Session Schedule

(June 22-August 23)

No Class July 4, July 16 & September 1

Summer Swim Session runs from June 22-August 17

SUN

MON

TUE

WED

THU

FRI

9:00am
Stage 2
(3-6 yr)

2:00pm
Stage 2
(3-6 yr)

11:30am
Stage 3
(3-6 yr)

5:00pm
Stage 5 & 6
(8-12 yr)

2:00pm
Stage 2
(3-6 yr)

9:30am
Stage 1 & 2
(2.5-3.5 yr)

9:30am
Stage 4
(3-6 yr)

2:30pm
Stage 3
(3-6 yr)

12:00pm
Stage 2
(3-6 yr)

5:30pm
Stage 2
(3-6 yr)

2:30pm
Stage 3
(3-6 yr)

10:00am
Stage 2 & 3
(3-6 yr)

10:00am
Stage 2 & 3
(8-12 yr)

3:00pm
Stage 1 & 2
(2.5-3.5 yr)

2:00pm
Stage 2
(3-6 yr)

6:00pm
Stage 3
(6-12 yr)

3:00pm
Stage 1 & 2
(3-6 yr)

SAT

10:30am
Stage 2
(3-6 yr)

3:30pm
Stage 4
(6-12 yr)

2:30pm
Stage 3
(3-6 yr)

6:30pm
Stage A & B
(6mo-2yr)

3:30pm
Stage 4
(5-8 yr)

11:15am
**NEW! Speed, Agility
Strength & Fitness**
(9-17 yr)

11:00am
Stage 3
(3-6 yr)

4:00pm
Stage 3
(3-6 yr)

3:00pm
Teen Beginner
(13+ yr)

4:00pm
Stage 3
(3-6 yr)

11:30am
Stage 5 & 6
(8-12 yr)

4:30pm
Stage 5
(5-8 yr)

3:30pm
Stage 2
(3-6 yr)

4:30pm
Stage 2
(3-6 yr)

12:00pm
Stage 2
(3-6 yr)

5:00pm
Swim Team Prep
(8+ yr)

4:00pm
Stage 4
(6-12 yr)

5:00pm
Stage 4
(5-12 yr)

5:30pm
Stage 2
(3-6 yr)

4:30pm
Stage 2
(3-6 yr)

6:00pm
Swim Team Prep
(8+ yr)

6:00pm
Stage 4
(3-6 yr)

5:00pm
Learn to Dive
(8+ yr)

6:30pm
Stage 3
(6-12 yr)

6:30pm
Stage 3
(6-12 yr)

5:30pm
Stage 4
(6-12 yr)

7:00pm
Stage 2
(6-12 yr)

6:00pm
Stage 3
(3-6 yr)

6:30pm
Stage 2
(3-6 yr)

Scan to view
real-time pool
schedule online



**Don't see a class time
that works for you?**

**Let us know and we will do our
best to accommodate you!**

- All youth classes are an additional fee

YOUTH AQUATICS

Individual lessons, stroke evaluations, diving classes & stroke clinics

Stage A&B: Water Exploration (Parent/Child)

Ages 6mo–2yr

Parents work with their child to explore the aquatic environment through body positions, floating, blowing bubbles, and fundamental safety. Children are encouraged to enjoy themselves while learning about the water.

Required: Child must wear a swim diaper if not 100% potty trained. Goggles are recommended for ages 24–36 months.

Stage 1: Water Acclimation

Ages 2.5–3.5 yr

Students further develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Required: Child must have taken Stage A or B class and be able to sit on pool edge independently for 30 minutes (without parent).

Stage 2: Water Movement

Ages 3–6, 6–12, 10–15 yr

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Best for non-swimmers or children that still require a floatation aid.

Stage 3: Water Stamina

Ages 3–6, 6–12 yr

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Required: Child must be able to swim for a distance of 15 feet on front and back without a floatation aid.

Stage 4: Stroke Instruction

Ages 3–6, 6–12 yr

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Required: Child must be able to swim a lap of proper freestyle and backstroke for 25 yards.

Teen Beginner

Ages 13+

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Best for non-swimmers or children that still require a floatation aid.

Stage 5: Stroke Development

Ages 5–8, 8–12 yr

Students work on stroke technique and improve upon all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Required: Child must be able to swim 50 yards of each proper front and back crawl, breaststroke kick and butterfly kick.

Stage 6: Stroke Mechanics

Ages 5–8, 8–12 yr

Students are introduced to competitive swim skills while refining technique on all major strokes.

Required: Child must be able to swim 100 yards of any combination of strokes.

Swim Team Prep

Ages 8+ yr

This class prepares swimmers for competitive swimming by focusing on stroke technique, endurance, and essential skills.

Learn to Dive

Ages 8+ yr

This class is recommended for competitive swimmers who are looking to perfect their diving technique.

NEW! Speed, Agility, Strength & Fitness

Ages 9–17 yr

Class Dates: June 28, July 12, July 19, August 16 & August 23

Build a strong foundation in athletic performance through speed, agility, and overall fitness. Improve quickness and reaction time, enhance coordination and balance, and develop strength and endurance for long-term athletic success!

Important Notes for Summer 2025 Session:

- All fitness classes held in the multi-purpose room will be cancelled if it rains
- Due to yearly pool maintenance the pool will be closed 8/18–9/1. A new schedule will be start in Fall 1 session.

Questions? Contact Kim Koza-Baird at kkoza@westfieldynj.org or 908-844-YMCA (9622)