



CRANFORD YMCA YOUTH PROGRAMS

Winter 2026 Session Schedule (January 3–February 21)

No class Wednesday, 1/7 and Thursday, 1/15 from 3:30–5:30

SUN	MON	TUE	WED	THU	FRI
9:00am Stage 2 (3–6 yr)	11:30am Stage 2 (3–6 yr)	11:00am Stage 2 (3–6 yr)	2:00pm Stage 3 (3–6 yr)	2:30pm Stage 3 (3–6 yr)	10:30am Stage A & B (6–35 mo)
9:30am Stage 4 (3–6 yr)	2:00pm Stage 3 (3–6 yr)	11:30am Stage 3 (3–6 yr)	2:30pm Stage 2 (3–6 yr)	3:30pm Stage 4 (5–8 yr)	11:00am Stage 2 & 3 (3–6 yr)
10:00am Swim Team Prep (8+ yr)	2:30pm Stage 2 (3–6 yr)	12:00pm Stage 1 & 2 (2.5–3.5 yr)	3:00pm Stage 1 & 2 (2.5–3.5 yr)	4:00pm Stage 3 (3–6 yr)	SAT 8:30am Stage A & B (6–35 mo) 11:15am Youth Performance & Strength Training (9–17 yr)
10:00am Stage A & B (6–35mo)	3:00pm Stage 1 & 2 (2.5–3.5 yr)	1:30pm Stage 3 (3–6 yr)	3:30pm Stage 3 (3–6 yr)	4:30pm Stage 2 (3–6 yr)	
10:30am Stage 2 (3–6 yr)	3:30pm Stage 4 (5–8 yr)	2:00pm Stage 2 (3–6 yr)	4:00pm Stage 5 & 6 (8–12 yr)	5:00pm Stage 4 (5–12 yr)	
11:00am Stage 3 (3–6 yr)	4:00pm Stage 3 (3–6 yr)	2:30pm Stage 1 & 2 (2.5–3.5 yr)	4:30pm Stage 2 (3–6 yr)	5:30pm Stage 5 & 6 (8–12 yr)	
11:30am Stage 5 & 6 (5–8 yr)	4:30pm Stage 5 (5–8 yr)	3:00pm Stage 3 (3–6 yr)	5:00pm Stage 3 (6–12 yr)	6:00pm Swim Team Prep (8+ yr)	Scan to view real-time pool schedule online 
11:30am Stage 1 & 2 (2–3 yr)	5:00pm Swim Team Prep (8+ yr)	3:30pm Stage 2 (3–6yr)	5:30pm Stage A & B (6–35 mo)	6:30pm Stage 3 (6–12 yr)	
12:00pm Stage A & B (6–35mo)	5:30pm Stage 2 (3–6 yr)	4:00pm Stage 3 (3–6 yr)	6:00pm Stage 2 (3–6 yr)	7:00pm Stage 2 (6–12 yr)	
12:00pm Stage 2 (6–12 yr)	6:00pm Stage 4 (3–6 yr)	4:30pm Stage 2 (3–6 yr)	6:30pm Stage 4 (6–12 yr)		
	6:30pm Stage 3 (6–12 yr)	5:00pm Stage 1 & 2 (2.5–3.5 yr)	7:00pm Stage 5 & 6 (5–12 yr)		
	7:00pm Stage 2 (6–12 yr)	5:30pm Stage 4 (6–12 yr)			
		6:00pm Stage 3 (3–6 yr)			
		6:30pm Stage 2 (3–6 yr)			
		7:00pm Stage 5 & 6 (8–12 yr)			

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

Cranford YMCA • 401 Centennial Avenue, Cranford • 908-844-YMCA (9622) • www.cranfordymca.org

YOUTH AQUATICS

Individual lessons, stroke evaluations, diving classes & stroke clinics

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

Ages 6mo–35mo

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 1.5–3.5 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 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.

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.

Youth Performance & Strength Training

Ages 9–17 yr

Held in the Multipurpose Room/Fitness Center

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!

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