

YOUTH GROUP SWIM LESSONS

REGISTRATION DATES | MARCH 18 FOR MEMBERS AND MARCH 25 FOR PROGRAM MEMBERS
PROGRAM DATES | APRIL 8 - MAY 26

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
NEW PROGRAM! STAGE A/B 6M - 3 YRS WITH CAREGIVER \$28 - MEMBER \$59 - PROGRAM MEMBER WARM WATER POOL		10:15 AM - 10:45 AM 6:25 PM - 6:55 PM		5:00 PM - 5:30 PM	10:45 AM - 11:15 AM
NEW PROGRAM! STAGE 1 WITH CAREGIVER 2 - 3 YRS WITH CAREGIVER \$28 - MEMBER \$59 - PROGRAM MEMBER WARM WATER POOL		10:50 AM - 11:20 AM 5:50 PM - 6:20 PM		5:35 PM - 6:05 PM	10:10 AM - 10:40 AM
STAGE 1 3 YRS + WITHOUT CAREGIVER \$28 - MEMBER \$59 - PROGRAM MEMBER WARM WATER POOL	5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM	10:50 AM - 11:20 AM 11:25 AM - 11:55 AM 12:00 PM - 12:30 PM 5:15 PM - 5:45 PM 5:50 PM - 6:20 PM	6:05 PM - 6:35 PM 6:40 PM - 7:10 PM	10:15 AM - 10:45 AM 10:50 AM - 11:20 AM 5:35 PM - 6:05 PM	9:00 AM - 9:30 AM 10:10 AM - 10:40 AM
STAGE 2 3 YRS + \$28 - MEMBER \$59 - PROGRAM MEMBER WARM WATER POOL	5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM	11:25 AM - 11:55 AM 12:00 PM - 12:30 PM 5:15 PM - 5:45 PM	6:05 PM - 6:35 PM 6:40 PM - 7:10 PM	10:50 AM - 11:20 AM 6:10 PM - 6:40 PM 6:45 PM - 7:15 PM	9:35 AM - 10:05 AM
STAGE 3 WARM WATER POOL (30 MIN) 3 YRS - 6 YRS \$28 - MEMBER \$59 - PROGRAM MEMBER WARM WATER POOL	5:00 PM - 5:35 PM 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM	11:25 AM - 11:55 AM 12:00 PM - 12:30 PM 5:15 PM - 5:45 PM		10:15 AM - 10:45 AM 6:10 PM - 6:40 PM	9:00 AM - 9:30 AM 9:35 AM - 10:05 AM
STAGE 3 LAP POOL (45MIN) 7 YRS - 12 YRS \$33 - MEMBER \$69 - PROGRAM MEMBER LAP POOL	6:10 PM - 6:55 PM 7:00 PM - 7:45 PM		5:15 PM - 6:00 PM 6:55 PM - 7:40 PM	6:45 PM - 7:30 PM	9:20 AM - 10:05 AM 10:45 AM - 11:30 AM
STAGE 4 5 YRS - 12 YRS \$33 - MEMBER \$69 - PROGRAM MEMBER LAP POOL	6:45 PM - 7:30 PM		5:15 PM - 6:00 PM 6:05 PM - 6:50 PM		10:10 AM - 10:55 AM
STAGE 5 5 YRS - 12 YRS \$33 - MEMBER \$69 - PROGRAM MEMBER LAP POOL	6:45 PM - 7:30 PM		5:15 PM - 6:00 PM 6:55 PM - 7:40 PM		11:00 AM - 11:45 AM
STAGE 6 5 YRS - 12 YRS \$33 - MEMBER \$69 - PROGRAM MEMBER LAP POOL	6:45-7:30 p.m.		5:15-6:00 p.m.		11:00 AM - 11:45 AM

STAGE A/B | Caregivers accompany children ages 6 months to 3 years old in this class, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Children will be introduced to floating, blowing bubbles, and fundamental safety and aquatic skills. *3 - 12 Children per Instructor (*See page 7).

6M - 3 YRS WITH CAREGIVER | \$28 - MEMBER | \$59 - PROGRAM MEMBER | WARM WATER POOL

STAGE 1 WITH CAREGIVER | Caregivers accompany children ages 2-3 years old in this class. With the support of a caregiver, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage introduces and begins to lay the foundation that allows for student's future progress in swimming. This class is intended for those old enough to begin to swim independently but, whose support from a caregiver in the water is still needed. *3 - 8 Children per Instructor. (*See page 7).

2 YRS - 3 YRS WITH CAREGIVER | \$28 - MEMBER | \$59 - PROGRAM MEMBER | WARM WATER POOL

STAGE 1 WITHOUT CAREGIVER | Water Acclimation Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. This class is intended for those with little to no lesson experience other than parent child classes and those with little comfort in the water. *3 - 5 Children per Instructor. (*See page 7).

3 YRS + | \$28 - MEMBER | \$59 - PROGRAM MEMBER | WARM WATER POOL

STAGE 2 | WATER MOVEMENT | In this stage, 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. This class is intended for those completing Stage 1 or having completed at least 2 years of organized lessons other than parent child classes and with a visible level of comfort in the water while being assisted. *3 - 5 Children per Instructor. (*See page 7).

3 YRS + | \$28 - MEMBER | \$59 - PROGRAM MEMBER | WARM WATER POOL

STAGE 3 WARM WATER POOL | WATER STAMINA | In this stage, 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. This class is intended for those completing Stage 2 or having completed at least 3 years of organized lessons other than parent child classes and with a visible level of comfort in the water unassisted. *3 - 5 Children per Instructor. (*See page 7).

3 YRS - 6 YRS | WITH CAREGIVER | \$28 - MEMBER | \$59 - PROGRAM MEMBER | WARM WATER POOL

STAGE 3 LAP POOL | Same as **STAGE 3 WARM WATER** but this class is in the lap pool and intended for older youth. *3 - 6 Children per Instructor. (*See page 7).

7 YRS - 12 YRS | \$33 - MEMBER | \$69 - PROGRAM MEMBER | LAP POOL

STAGE 4 | STROKE INTRODUCTION | Students in this stage 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. This class is intended for those completing Stage 3 or having full independence in any depth of water unassisted and with proper freestyle stroke technique. *3 - 6 Children per Instructor. (*See page 7).

5 YRS - 12 YRS | WITH CAREGIVER | \$33 - MEMBER | \$69 - PROGRAM MEMBER | LAP POOL

STAGE 5 | STROKE DEVELOPMENT | Students in this stage work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. This class is intended for those completing Stage 4. *3 - 8 Children per Instructor. (*See page 7).

5 YRS - 12 YRS | WITH CAREGIVER | \$33 - MEMBER | \$69 - PROGRAM MEMBER | LAP POOL

STAGE 6 | STROKE MECHANICS | Students in this class work on endurance of all four strokes, and discover how to incorporate swimming into a healthy lifestyle. *3 - 8 Children per Instructor. (*See page 7).

5 YRS - 12 YRS | WITH CAREGIVER | \$33 - MEMBER | \$69 - PROGRAM MEMBER | LAP POOL

HOME SCHOOL GROUP SWIM LESSONS

REGISTRATION DATES | MARCH 18 FOR MEMBERS AND MARCH 25 FOR PROGRAM MEMBERS
PROGRAM DATES | APRIL 8 - MAY 26

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
STAGE 1, 2, 3 3 YRS + RECOMMENDED \$22 - MEMBER \$47 - PROGRAM MEMBER WARM WATER POOL		12:35 PM - 1:05 PM			
STAGE 3, 4, 5, 6 5 YRS - 12 YRS RECOMMENDED \$26 - MEMBER \$55 - PROGRAM MEMBER LAP POOL		1:10 PM - 1:55 PM			

STAGE 1, 2, 3 | Home School Swim Lessons For swimmers of all ages who are currently homeschooled. These groups will be broken up by ability to work through a series of skill levels to individually strengthen both skills and confidence in the water. *3 - 5 Children per Instructor.

3 YRS + RECOMMENDED | \$22 - MEMBER | \$47 - PROGRAM MEMBER | WARM WATER POOL

STAGE 3, 4, 5, 6 | Home School Swim Lessons For swimmers of all ages who are currently home-schooled. These groups will be broken up by ability to work through a series of skill levels to individually strengthen both skills and confidence in the water. *3 - 8 Children per Instructor.

5 YRS - 12 YRS RECOMMENDED | \$26 - MEMBER | \$55 - PROGRAM MEMBER | LAP POOL

TEEN AND ADULT GROUP SWIM LESSONS

REGISTRATION DATES | MARCH 18 FOR MEMBERS AND MARCH 25 FOR PROGRAM MEMBERS
PROGRAM DATES | APRIL 8 - MAY 26

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BEGINNER TEEN AND ADULT 13 YRS + \$33 - MEMBER \$69 - PROGRAM MEMBER LAP POOL			6:55 PM - 7:40 PM		
INTERMEDIATE TEEN AND ADULT 13 YRS + \$33 - MEMBER \$69 - PROGRAM MEMBER LAP POOL			7:15 PM - 8:00 PM		
ADVANCED TEEN AND ADULT 13 YRS + \$33 - MEMBER \$69 - PROGRAM MEMBER LAP POOL					7:45 AM - 8:45 AM

BEGINNER TEEN AND ADULT | Participants in this stage learn basic swim and safety skills to create comfort in and around water while introducing swimming as a fun activity. *3 - 5 Participants per Instructor. (*See page 7).

13 YRS + | \$33 - MEMBER | \$69 - PROGRAM MEMBER | LAP POOL

INTERMEDIATE TEEN AND ADULT | Participants in this stage develop stroke technique in front crawl and back crawl and discover how to incorporate swimming into a healthy lifestyle. *3 - 8 Participants per Instructor. (*See page 7).

13 YRS + | \$33 - MEMBER | \$69 - PROGRAM MEMBER | LAP POOL

ADVANCED TEEN AND ADULT | In this stage, participants refine stroke technique on all major competitive strokes and discover how to incorporate swimming into a healthy lifestyle. *3 - 16 Participants per Instructor. (*See page 7).

13 YRS + | \$33 - MEMBER | \$69 - PROGRAM MEMBER | LAP POOL

PRIVATE OR SEMI-PRIVATE SWIM LESSONS

Available for ages 3 to adult. This is the opportunity for you or your child to receive extra attention and practice. You can learn how to swim, perfect your technique or just get a little extra help. Private is for one person. Semi-Private is up to 3 people that request together. Pricing is per person.

4 PRIVATE SWIM LESSONS
\$75 - MEMBER | \$110 - PROGRAM MEMBER

4 SEMI-PRIVATE LESSONS FOR 2
\$56.25 - MEMBER | \$82.50 - PROGRAM MEMBER

4 SEMI-PRIVATE LESSONS FOR 3
\$37.50 - MEMBER | \$55 - PROGRAM MEMBER

7 PRIVATE SWIM LESSONS
\$130 - MEMBER | \$190 - PROGRAM MEMBER

7 SEMI-PRIVATE LESSONS FOR 2
\$98 - MEMBER | \$143 - PROGRAM MEMBER

7 SEMI-PRIVATE LESSONS FOR 3
\$65.25 - MEMBER | \$95.25 - PROGRAM MEMBER

Private lessons are also available for those with special needs. Request a private lesson at the Welcome Center.



**The number of participants in each class is determined by registration for the class but will fall inside the ratio range. When a new instructor is training, more than one instructor might be present for the lesson. Classes with under 3 participants will be canceled and those participants will be moved to another class or receive a refund. Registration will take place as one class and children will be divided by age to their assigned instructor.*

The YMCA's Youth Swim Program is designed so that the average student will spend approximately 12 months at each level. Coming in and working on a consistent basis is essential to developing swimming skills. We ask that you reinforce the skills learned in classes at our open swim hours two to three times a week.