

HOMESCHOOL HAPPENINGS FALL 1

FALL 1 | SEPTEMBER 7TH - OCTOBER 25TH

(YM) YMCA MEMBER SIGN UP | AUGUST 17TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOMESCHOOL GROUP SWIM LESSONS									
STAGE 1 W/ CAREGIVER	2-3 YEARS OLD	\$22	\$47	WARM WATER POOL		10:55-11:25 AM			11:30-12:00 PM
STAGE 2 W/ CAREGIVER	AGES 3 AND UP	\$22	\$47	WARM WATER POOL		11:35-12:05 PM			12:10-12:40 PM
STAGE 3 W/ CAREGIVER	3 - 8 YEARS OLD	\$22	\$47	WARM WATER POOL		12:15-12:45 PM			12:50-1:20 PM
STAGE 4	RECOMMENDED 6-15 YEARS OLD	\$26	\$55	LAP POOL		10:15-11:00 AM			11:45-12:30 PM
STAGE 5	RECOMMENDED 6-15 YEARS OLD	\$26	\$55	LAP POOL		11:15-12:00 PM			12:45-1:30 PM
STAGE 6	RECOMMENDED 6-15 YEARS OLD	\$26	\$55	LAP POOL		12:15-1:00 PM			
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$31	\$63	LAP POOL		9:00-10:00 AM			
TEEN BEGINNER LESSONS	AGES 10 AND UP	\$22	\$47	LAP POOL					11:00-11:30 AM
CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

HOMESCHOOL FITNESS

HEALTHY KIDS	5 - 8 YEARS OLD	\$18	\$39	PROGRAM ROOM 3		9:00 - 9:30 AM			10:00 - 10:30 AM
HEALTHY KIDS	9 - 12 YEARS OLD	\$18	\$39	PROGRAM ROOM 3		9:45 - 10:15 AM			10:45 - 11:15 AM

HOMESCHOOL SWIM DESCRIPTIONS

GROUP SWIM LESSONS

COMBINED STAGE A/B | Caregivers accompany children in this stage. This class introduces infants and toddlers to the aquatic environment through exploration and also encourages them to enjoy themselves while learning about the water with a trusted adult. Children will be introduced to floating, blowing bubbles,

and fundamental water safety and aquatic skills.

STAGE 1 | Caregivers accompany children in this stage. With the support of the caregiver, students will develop comfort with the underwater exploration and learn to safely exit in the event of falling into a body of water. This stage is intended for those with little to no lessons experience

other than the parent-child classes and those with little comfort in the water.

STAGE 2 | Caregivers accompany children in this stage. Students will 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 who have COMPLETED STAGE 1 or having completed at least 2 years of organized

lessons other than parent-child classes. Student must have a visible level of comfort in the water while being assisted.

STAGE 3 (WARM WATER) | Caregivers accompany children in this stage. Students will learn how to swim longer distances. This stage also introduces rhythmic breathing and integrated arm and leg action. This class is intended for those who have COMPLETED STAGE 2 or have at least 3 years of organized lessons other than parent-child classes. Student must have a visible level of comfort in the water while being assisted.

STAGE 4 | Students in this stage develop stroke technique in front crawl, backstroke, and breaststroke. They will begin to learn the butterfly kick and how to dive from the wall at the 9 foot level. Water safety is reinforced through treading water and elementary back stroke. This class will incorporate swimming lengths of the pool to build on endurance levels. This class is intended for those who have COMPLETED STAGE 3 and have FULL independence in any depth of water unassisted with proper freestyle stroke technique.

STAGE 5 | Students in this stage will work on stroke technique and learn all major competitive strokes. This stage will incorporate learning how to dive from the diving blocks. Emphasis on water safety continues through treading water and sidestroke. This class is intended for those who have COMPLETED STAGE 4.

SWIM ACADEMY

SWIM ACADEMY | Building off all levels of lessons, swimmers in the Youth Swim Academy will continue to strengthen their endurance and stamina while introducing swim team techniques for flip turns,

diving blocks, individual and team medley swimming. Students will be prepared for competitive swim team in this class.

TEEN SWIM LESSONS

BEGINNER | Participants in this stage learn basic swim and safety skills to create comfort in and around water while introducing swimming as a fun activity.

HOMESCHOOL FITNESS PROGRAM DESCRIPTIONS

HOMESCHOOL HEALTHY KIDS (5-8 YEARS OLD) | Have your homeschooler join us at the YMCA for a health class elective! Your child will learn about the importance of nutrition and fitness with some fun activities that will center around healthy eating and functional movement.

HOMESCHOOL HEALTHY KIDS (9-12 YEARS OLD) | Have your homeschooler join us at the YMCA for a health class elective! Your child will learn about the importance of nutrition and fitness with some fun activities mixed in. Each class your child will explore different muscle groups in the body and engage in some functional movement activities.

