

SWIM LESSONS | SUMMER 1

SUMMER 1: JUNE 15TH - JULY 26TH

(YM) SUMMER 1 YMCA MEMBER SIGN UP DATE: JUNE 1ST

(CM) SUMMER 1 COMMUNITY MEMBER SIGN UP DATE: JUNE 8TH

(LO) CLASS LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
GROUP SWIM LESSONS									
COMBINED STAGE A / B	6 MONTHS - 3 YEARS OLD W/ CAREGIVER	\$24	\$55	WARM WATER POOL	11:00 - 11:30 AM 6:00 - 6:30 PM 6:40 - 7:10 PM		11:00 - 11:30 AM 6:00 - 6:30 PM 6:40 - 7:10 PM		11:00 - 11:30 AM
STAGE 1 W/ CAREGIVER	2-3 YEARS OLD W/ CAREGIVER	\$24	\$55	WARM WATER POOL	9:00 - 9:30 AM 11:40 - 12:10 PM 4:00 - 4:30 PM		9:00 - 9:30 AM 11:40 - 12:10 PM 4:00 - 4:30 PM		9:00 - 9:30 AM
STAGE 2 W/ CAREGIVER	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL	9:40 - 10:10 AM 12:20 - 12:50 PM 4:40 - 5:10 PM		9:40 - 10:10 AM 12:20 - 12:50 PM 4:40 - 5:10 PM		9:40 - 10:10 AM
STAGE 3 W/ CAREGIVER	3 - 6 YEARS OLD	\$24	\$55	WARM WATER POOL	10:20 - 10:50 AM 1:00 - 1:30 PM 5:20 - 5:50 PM		10:20 - 10:50 AM 1:00 - 1:30 PM 5:20 - 5:50 PM		10:20 - 10:50 AM
STAGE 4	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	12:15 - 1:00 PM 4:15 - 5:00 PM		12:15 - 1:00 PM 4:15 - 5:00 PM		9:15 - 10:00 AM
STAGE 5	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	11:15 - 12:00 PM 5:15 - 6:00 PM		11:15 - 12:00 PM 5:15 - 6:00 PM		10:15 - 11:00 AM
STAGE 6	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	10:15-11:00AM 6:15-7:00PM		10:15-11:00AM 6:15-7:00PM		11:15 - 12:00 PM
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$34	\$75	LAP POOL	9:00 -10:00 AM 4:00 - 5:00 PM		9:00 -10:00 AM 4:00 - 5:00 PM		9:00 - 10:00 AM
CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
TEEN AND ADULT SWIM LESSONS									
BEGINNER	13 YRS +	\$24	\$55	LAP POOL	7:00 - 7:30 PM				
INTERMEDIATE	13 YRS +	\$29	\$65	LAP POOL				6:45 - 7:30 PM	
ADVANCED	13 YRS +	\$34	\$75	LAP POOL					7:30 - 8:30 AM

SWIM LESSONS | SUMMER 2

SUMMER 2: JULY 27TH - SEPTEMBER 6TH

(YM) SUMMER 2 YMCA MEMBER SIGN UP DATE: JULY 13TH

(CM) SUMMER 2 COMMUNITY MEMBER SIGN UP DATE: JULY 20TH

(LO) CLASS LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
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GROUP SWIM LESSONS

COMBINED STAGE A / B	6 MONTHS - 3 YEARS OLD W/ CAREGIVER	\$24	\$55	WARM WATER POOL	11:30 - 12:00 PM 6:00 - 6:30 PM 6:40 - 7:10 PM		11:00 - 11:30 AM 6:00 - 6:30 PM 6:40 - 7:10 PM		11:00 - 11:30 AM
STAGE 1 W/ CAREGIVER	2-3 YEARS OLD W/ CAREGIVER	\$24	\$55	WARM WATER POOL	12:10 - 12:40 PM 4:45 - 5:15 PM		12:10 - 12:40 PM 6:10 - 6:40 PM		9:00 - 9:30 AM 9:40 - 10:10AM 10:20 - 10:50 AM
STAGE 2 W/ CAREGIVER	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL	12:50 - 1:20 PM 4:45 - 5:15 PM		12:50 - 1:20 PM 6:50 - 7:20 PM		9:00 - 9:30 AM 9:40 - 10:10AM 10:20 - 10:50 AM
STAGE 3 W/ CAREGIVER	3 - 6 YEARS OLD	\$24	\$55	WARM WATER POOL	12:10 - 12:40 PM 5:25 - 5:55 PM		12:10 - 12:40 PM 6:10 - 6:40 PM 6:50 - 7:20 PM		10:20 - 10:50 AM 9:00 - 9:30 AM 9:40 - 10:10AM
STAGE 4	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	12:15 - 1:00 PM 4:15 - 5:00 PM		12:15 - 1:00 PM 4:15 - 5:00 PM		9:15 - 10:00 AM
STAGE 5	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	11:15 - 12:00 PM 5:15 - 6:00 PM		11:15 - 12:00 PM 5:15 - 6:00 PM		10:15 - 11:00 AM
STAGE 6	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	10:15-11:00AM 6:15-7:00PM		10:15-11:00AM 6:15-7:00PM		11:15 - 12:00 PM
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$34	\$75	LAP POOL	9:00 -10:00 AM 4:00 - 5:00 PM		9:00 -10:00 AM 4:00 - 5:00 PM		9:00 - 10:00 AM

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
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TEEN AND ADULT SWIM LESSONS

BEGINNER	13 YRS +	\$24	\$55	LAP POOL	7:00 - 7:30 PM				
INTERMEDIATE	13 YRS +	\$29	\$65	LAP POOL				6:45 - 7:30 PM	
ADVANCED	13 YRS +	\$34	\$75	LAP POOL					7:30 - 8:30 AM

CONDENSED SWIM LESSONS | SUMMER 1 & 2

Condensed summer swim lessons allow swimmers to take two classes in each Summer Session. Classes go for three weeks and take place twice a week. Condensed lessons are a great way for young swimmers to move quickly through swim lessons. (Depending on instructor recommendations some swimmers may be asked to repeat a stage)

SUMMER 1: SESSION A | JUNE 15TH - JULY 5TH

SUMMER 1: SESSION B | JULY 6TH - JULY 26TH

SUMMER 2: SESSION A | JULY 27TH - AUGUST 16TH

SUMMER 2: SESSION B | AUGUST 17TH - SEPTEMBER 6TH

(YM) SUMMER 1 YMCA MEMBER SIGN UP DATE: JUNE 1ST

(CM) SUMMER 1 COMMUNITY MEMBER SIGN UP DATE: JUNE 8TH

(YM) SUMMER 2 YMCA MEMBER SIGN UP DATE: JULY 13TH

(CM) SUMMER 2 COMMUNITY MEMBER SIGN UP DATE: JULY 20TH

(LO) CLASS LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
CONDENSED GROUPS SWIM LESSONS									
COMBINED STAGE A / B	6 MONTHS - 3 YEARS OLD W/ CAREGIVER	\$24	\$55	WARM WATER POOL		11:00 - 11:30 AM 6:00 - 6:30 PM 6:40 - 7:10 PM		11:00 - 11:30 AM 6:00 - 6:30 PM 6:40 - 7:10 PM	
STAGE 1 W/ CAREGIVER	2-3 YEARS OLD W/ CAREGIVER	\$24	\$55	WARM WATER POOL		9:00 - 9:30 AM (SUMMER 1 ONLY) 9:40 - 10:10 AM (SUMMER 2 ONLY) 11:40 - 12:10 PM 4:00 - 4:30 PM (SUMMER 1 ONLY)		9:00 - 9:30 AM (SUMMER 1 ONLY) 9:40 - 10:10 AM (SUMMER 2 ONLY) 11:40 - 12:10 PM 4:00 - 4:30 PM (SUMMER 1 ONLY)	
STAGE 2 W/ CAREGIVER	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL		9:40 - 10:10 AM 12:20 - 12:50 PM 4:40 - 5:10 PM		9:40 - 10:10 AM 12:20 - 12:50 PM 4:40 - 5:10 PM	
STAGE 3 W/ CAREGIVER	3 - 6 YEARS OLD	\$24	\$55	WARM WATER POOL		10:20 - 10:50 AM 1:00 - 1:30 PM 5:20 - 5:50 PM		10:20 - 10:50 AM 1:00 - 1:30 PM 5:20 - 5:50 PM	
STAGE 4	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL		12:15 - 1:00 PM 4:15 - 5:00 PM		12:15 - 1:00 PM 4:15 - 5:00 PM	
STAGE 5	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL		11:15 - 12:00 PM 5:15 - 6:00 PM		11:15 - 12:00 PM 5:15 - 6:00 PM	
STAGE 6	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL		10:15-11:00AM 6:15-7:00PM		10:15-11:00AM 6:15-7:00PM	
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$34	\$75	LAP POOL		9:00 -10:00 AM 4:00 - 5:00 PM		9:00 -10:00 AM 4:00 - 5:00 PM	

SWIM DESCRIPTIONS

GROUP SWIM LESSONS

COMBINED STAGE A/B WARM WATER POOL

| Caregivers accompany children ages 6 months old to 3 years old 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 WITH CAREGIVER WARM WATER POOL

| DUE TO COVID-19 SAFETY, caregivers will accompany children ages 3 and up 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 WITH CAREGIVER WARM WATER POOL

| DUE TO COVID-19 SAFETY, caregivers will accompany children ages 3 and up 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 WITH CAREGIVER WARM WATER POOL

| DUE TO COVID-19 SAFETY, caregivers will accompany children ages 4 and up 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 LAP POOL

| 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 LAP POOL

| 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.

STAGE 6 LAP POOL | Students in this stage work on endurance and stamina of all 4 strokes and discover how to incorporate swimming into a healthy lifestyle. This stage also begins to prepare students to enter competitive swimming. This class is intended for those who have COMPLETED STAGE 5.

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 AND ADULT SWIM LESSONS

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.

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.

ADVANCED TEEN AND ADULT

| Participants will prepare for triathlon swimming as well as perfect stroke techniques. Must be proficient in front crawl and backstroke.

PRIVATE LESSONS

DUE TO COVID SAFETY, we may require a caregiver to accompany children who are unable to swim independently. 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. The Y will not pair with out participants. Pricing is per person.

- 4 PRIVATE SWIM LESSONS | \$75 - MEMBER | \$110 - COMMUNITY MEMBER
- 4 SEMI-PRIVATE LESSONS FOR 2 | \$56.25 - MEMBER | \$82.50 - COMMUNITY MEMBER
- 4 SEMI-PRIVATE LESSONS FOR 3 | \$37.50 - MEMBER | \$55 - COMMUNITY MEMBER
- 7 PRIVATE SWIM LESSONS | \$130 - MEMBER | \$190 - COMMUNITY MEMBER
- 7 SEMI-PRIVATE LESSONS FOR 2 | \$98 - MEMBER | \$143 - COMMUNITY MEMBER
- 7 SEMI-PRIVATE LESSONS FOR 3 | \$65.25 - MEMBER | \$95.25 - COMMUNITY 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. We ask that you reinforce the skills learned in classes at our open swim hours two to three times a week.

