

## SWIM LESSONS FALL 2

FALL 2 | OCTOBER 26TH - DECEMBER 20TH

(YM) YMCA MEMBER SIGN UP | OCTOBER 12TH

(CM) COMMUNITY MEMBER SIGN UP | OCTOBER 19TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>GROUP SWIM LESSONS</b>									
COMBINED STAGE A/B W/ CAREGIVER	6 MONTHS - 3 YEARS OLD W/ CAREGIVER	\$32	\$63	WARM WATER POOL		10:15-10:45 AM 5:20-5:50 PM		6:00-6:30 PM	11:00-11:30 AM
STAGE 1 W/ CAREGIVER	ALL AGES 3 AND UP W/ CAREGIVER	\$32	\$63	WARM WATER POOL	5:20-5:50 PM	6:00-6:30 PM	6:10-6:40 PM		11:40-12:10 PM
STAGE 2 W/ CAREGIVER	ALL AGES 3 AND UP W/ CAREGIVER	\$32	\$63	WARM WATER POOL	6:40-7:10 PM		6:50-7:20 PM	5:20-5:50 PM	10:20 - 10:50 AM
STAGE 3 W/ CAREGIVER	ALL AGES 5 AND UP W/ CAREGIVER	\$32	\$63	WARM WATER POOL	6:00-6:30 PM	6:40-7:10 PM		6:40-7:10 PM	9:40 - 10:10 AM
STAGE 4	RECOMMENDED 5 - 15 YEARS OLD	\$38	\$74	LAP POOL	6:15-7:00 PM	5:15-6:00 PM			11:00-11:45 AM
STAGE 5	RECOMMENDED 5 - 15 YEARS OLD	\$38	\$74	LAP POOL			6:00-6:45 PM		10:00-10:45 AM
STAGE 6	RECOMMENDED 5 - 15 YEARS OLD	\$38	\$74	LAP POOL		6:15-7:00 PM			9:00-9:45 AM
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$43	\$83	LAP POOL	6:00-7:00 PM				7:45 -8:45 AM

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>TEEN AND ADULT SWIM LESSONS</b>									
BEGINNER	13 YEARS +	\$28	\$59	LAP POOL		7:15-7:45 PM			
INTERMEDIATE	13 YEARS +	\$33	\$69	LAP POOL		7:00-7:45 PM			
ADVANCED	13 YEARS +	\$33	\$69	LAP POOL				6:45-7:30 PM	

## SWIM LESSONS 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 |** 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.

**STAGE 6 |** Students in this class work on endurance and stamina of all 4 strokes and discover how to incorporate swimming into a healthy lifestyle and 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 & 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.

## WHAT SWIM LESSONS SHOULD YOU SIGN UP FOR?

Knowing which swim class to sign up for can be confusing. That's why the YMCA is offering free swim evaluations! Here's how it works. Come to the Parkview Warsaw YMCA pool on any Tuesday, Wednesday and Thursday from 5:00 PM - 8:00 PM and one of our certified lifeguards will complete a swim evaluation with you!

**TUESDAYS, WEDNESDAYS AND THURSDAYS FROM 5:00-8:00 PM. NO REGISTRATION REQUIRED.**

## PRIVATE LESSONS

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

- \$57 | MEMBER
- \$83 | COMMUNITY MEMBER

### 4 SEMI-PRIVATE LESSONS FOR 3

- \$38 | 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

- \$66 | MEMBER
- \$96 | 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.*