

SWIM LESSONS

SPRING SESSION | APRIL 13TH - MAY 24TH

(YM) YMCA MEMBER SIGN UP DATE | MARCH 23RD

(CM) COMMUNITY MEMBER SIGN UP DATE | MARCH 30TH

(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		10:15 - 10:45 AM 5:20 - 5:50 PM		5:20 - 5:50 PM	11 - 11:30 AM
Stage 1 W/ Caregiver	2-3 YEARS OLD W/ CAREGIVER	\$24	\$55	WARM WATER POOL	6:00 - 6:30 PM	11:35 - 12:05 PM 5:55 - 6:25 PM		5:55 - 6:25 PM	10:20 - 10:50 AM
STAGE 1	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL	5:20 - 5:50 PM 6:00-6:30 PM	11:35 - 12:05 PM 5:55 - 6:25 PM	6:10 - 6:40 PM 6:50 - 7:20 PM	5:55 - 6:25 PM	9:00 - 9:30 AM 10:20 - 10:50 AM
STAGE 2	ALL AGES 3 AND UP	\$24	\$55	WARM WATER POOL	5:20 - 5:50 PM 6:40 - 7:10 PM	10:55 - 11:25 AM 6:35 - 7:05 PM	6:10 - 6:40 PM 6:50 - 7:20 PM	6:35 - 7:05 PM	9 - 9:30 AM 9:40 - 10:10 AM
STAGE 3	3 - 6 YEARS OLD	\$24	\$55	WARM WATER POOL	5:20 - 5:50 PM 6:00 - 6:30 PM 6:40 - 7:10PM	10:55 - 11:25 AM 6:35 - 7:05 PM	6:10 - 6:40 PM	6:35 - 7:05 PM	9:40 - 10:10 AM
STAGE 3	7 - 12 YEARS OLD	\$29	\$65	LAP POOL	6:00 - 6:45 PM 7:15 - 8:00 PM	5:40 - 6:25 PM	5:15 - 6:00 PM	7:15 - 8:00 PM	9:25 - 10:10 AM
STAGE 4	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	6:55 - 7:40 PM	5:40 - 6:25 PM	5:15 - 6:00 PM 6:10-6:55 PM	7:15 - 8:00 PM	10:20 - 11:05 AM
STAGE 5	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	7:15 - 8:00 PM	6:35 -7:20 PM	5:15 - 6:00 PM		11:15 - 12:00 PM
STAGE 6	RECOMMENDED 5-12 YEARS OLD	\$29	\$65	LAP POOL	7:15 -8:00 PM	6:35 - 7:20 pM	5:15 - 6:00 PM		11:15 - 12:00 PM
SWIM ACADEMY	RECOMMENDED BY INSTRUCTOR	\$29	\$65	LAP POOL		6:50 - 7:35 PM			

HOME SCHOOL GROUP LESSONS

STAGE 1-3	13 YRS +	\$24	\$55	WARM WATER POOL		12:15 - 12:45 PM			
STAGE 3 - 6	13 YRS +	\$24	\$55	LAP POOL		12:55 - 1:40 pm			
SWIM ACADEMY	13 YRS +	\$29	\$65	LAP POOL		12:55 - 1:40 pm			

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
TEEN AND ADULT SWIM LESSONS									
BEGINNER	13 YRS +	\$29	\$65	LAP POOL			7:30 - 8:00 PM		745 - 8:45 AM
INTERMEDIATE	13 YRS +	\$29	\$65	LAP POOL			7:30 - 8:00 PM		

SWIM DESCRIPTIONS

GROUP SWIM LESSONS

COMBINED STAGE A/B WARM WATER POOL

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.

STAGE 1 WITH CAREGIVER WARM WATER POOL

Caregivers accompany children ages 2-3 years old in this stage. 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.

STAGE 1 WARM WATER POOL

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.

STAGE 2 WARM WATER POOL

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.

STAGE 3 WARM WATER POOL | 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 have at least 3 years of organized lessons other than parent child classes and with a visible level of comfort in the water while being assisted.

STAGE 3 LAP POOL | 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 have at least 3 years of organized lessons other than parent-child classes and with 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 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.

STAGE 5 LAP POOL | 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.

STAGE 6 LAP POOL | Students in this class work on endurance of all four strokes, and discover how to incorporate swimming into a healthy lifestyle. This class is intended for those completing STAGE 5.

SWIM ACADEMY

SWIM ACADEMY | Building off all levels of lessons, swimmers in the Youth Swim Academy will strengthen endurance of all four strokes while introducing swim team techniques in flip turns and starting off diving blocks. This class is intended for those completing STAGE 6.

HOME SCHOOL SWIM LESSONS

STAGES 1-3 WARM WATER POOL

| 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.

STAGES 3-6 LAP POOL | 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.

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. *3 - 5 participants per instructor.

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.

PRIVATE 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. 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.