

SWIM LESSONS

WINTER 1 | JANUARY 10TH - FEBRUARY 20TH

(YM) YMCA MEMBER SIGN UP | DECEMBER 6TH

(CM) COMMUNITY MEMBER SIGN UP | DECEMBER 13TH

WINTER 2 | FEBRUARY 21 - APRIL 3

(YM) YMCA MEMBER SIGN UP | FEBRUARY 7TH

(CM) COMMUNITY MEMBER SIGN UP | FEBRUARY 14TH

HOMESCHOOL GROUP SWIM LESSONS

CLASS	AGES	YM	CM	LOCATION	TUESDAY
STAGE 1	4 - 8 YEARS OLD NO CAREGIVER IN WATER	\$25	\$50	WARM WATER POOL	10:00 AM - 10:30 AM
STAGE 2	4 - 9 YEARS OLD NO CAREGIVER IN WATER	\$25	\$50	WARM WATER POOL	10:00 AM - 10:30 AM
STAGE 3	4 - 10 YEARS OLD NO CAREGIVER IN WATER	\$25	\$50	WARM WATER POOL	10:00 AM - 10:30 AM
STAGE 3	5 - 12 YEARS OLD NO CAREGIVER IN WATER	\$29	\$58	LAP POOL	9:00 AM-9:45 AM
STAGE 4	5 - 15 YEARS OLD NO CAREGIVER IN WATER	\$29	\$58	LAP POOL	9:00 AM-9:45 AM
STAGE 5	6 - 17 YEARS OLD NO CAREGIVER IN WATER	\$29	\$58	LAP POOL	9:00 AM-9:45 AM
STAGE 6	7 - 17 YEARS OLD NO CAREGIVER IN WATER	\$29	\$58	LAP POOL	9:00 AM-9:45 AM

GROUP SWIM LESSONS

CLASS	AGES	YM	CM	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
COMBINED STAGE A/B	6 MONTHS - 3 YEARS OLD W/ CAREGIVER IN WATER	\$31	\$62	WARM WATER POOL		10:40 AM-11:15 AM 5:20 PM - 5:50 PM		10:15 AM - 10:45 AM 4:50 PM - 5:20 PM	11:00 AM - 11:30 AM
STAGE 1 W/ CAREGIVER	3 - 8 YEARS OLD W/ CAREGIVER IN WATER	\$31	\$62	WARM WATER POOL	5:00 PM - 5:30 PM				10:20 AM - 10:50 AM
STAGE 1	4 - 8 YEARS OLD NO CAREGIVER IN WATER	\$31	\$62	WARM WATER POOL	5:40 PM - 6:10 PM	6:00 PM - 6:30 PM	6:10 PM - 6:40 PM 6:50 PM - 7:20 PM	5:30 PM - 6:00 PM 6:10 PM - 6:40 PM	9:30 AM - 10:00 AM
STAGE 2	4 - 9 YEARS OLD NO CAREGIVER IN WATER	\$31	\$62	WARM WATER POOL	5:40 PM - 6:10 PM	6:00 PM - 6:30 PM	6:10 PM - 6:40 PM 6:50 PM - 7:20 PM	5:30 PM - 6:00 PM 6:10 PM - 6:40 PM	9:30 AM - 10:00 AM
STAGE 3	4 - 10 YEARS OLD NO CAREGIVER IN WATER	\$31	\$62	WARM WATER POOL	6:20 PM - 6:50 PM	6:40 PM - 7:10 PM		6:50 PM - 7:20 PM	8:45 AM - 9:15 AM
STAGE 3	5 - 12 YEARS OLD NO CAREGIVER IN WATER	\$36	\$72	LAP POOL		7:00 PM - 7:45 PM		5:00 PM - 5:45 PM	8:30 AM - 9:15 AM
STAGE 4	5 - 15 YEARS OLD NO CAREGIVER IN WATER	\$36	\$72	LAP POOL	6:00 PM - 6:45 PM		5:15 PM - 6:00 PM		9:30 AM - 10:15 AM
STAGE 5	6 - 17 YEARS OLD NO CAREGIVER IN WATER	\$36	\$72	LAP POOL		6:15 PM - 7:00 PM		6:00 PM - 7:15 PM	
STAGE 6	7 - 17 YEARS OLD NO CAREGIVER IN WATER	\$36	\$72	LAP POOL	6:15 PM - 7:00 PM				
SWIM ACADEMY	9 - 17 YEARS OLD NO CAREGIVER IN WATER	\$41	\$82	LAP POOL			6:15 PM - 7:15 PM		

TEEN AND ADULT SWIM LESSONS

CLASS	AGES	YM	CM	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BEGINNER	12 YEARS + NO CAREGIVER IN WATER	\$36	\$72	LAP POOL			7:00 PM - 7:45 PM		
INTERMEDIATE	12 YEARS + NO CAREGIVER IN WATER	\$36	\$72	LAP POOL			7:00 PM - 7:45 PM		

SWIM LESSON STAGE DESCRIPTIONS:

COMBINED STAGE A/B | 30 minute class. For children 6 months to 36 months (3 years) This class introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about water with a trusted adult. Child will be introduced to floating, getting their face wet, blowing bubbles, and fundamental water safety.

STAGE 1 WITH CAREGIVER | 30 minute class. This class is a step up class for our 3 year olds and up who are ready to learn but still hesitant to swim alone. Parent and child will be in the water together while the instructor helps teach children how to float, be comfortable putting their face in the water, listening to instruction and how to behave in a pool setting. This class is intended for children who have had little to no swimming experience. **RECOMMENDED: Swim Caps and Goggles .(Both males and females)**

STAGE 1 | 30 minute class. Students must be 4 years old to be in this class. Students will learn how to float, be comfortable putting their face in the water, listen to instruction, enter and exit a pool independently, identify lifeguards, and learn some pool rules. **WE EXPECT CHILDREN TO BE IN THIS STAGE 3-5 TIMES.** Skills build on

repetition. We want swimmers to be **CONSISTENT** and **CONFIDENT** in the water. **RECOMMENDED: Swim cap and Goggles. (Both males and females)**

STAGE 2 | 30 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 1 OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students should be comfortable to put face in the water. In this stage, students will focus on body position and control, directional change, and forward movement in the water while also continuing to practice safe entries and exits in the event of falling into a body of water. **EXPECT CHILDREN TO BE IN THIS STAGE 2-5 TIMES.** We want swimmers to be **CONSISTENT** and **CONFIDENT** in the water. **RECOMMENDED: Swim Cap and Goggles. Both males and females)**

STAGE 3 WARM WATER | 30 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 2 OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students must be able to be comfortable putting face in the water. This stage will begin introducing rhythmic breathing and integrated arms and legs. Focus will be giving to freestyle and backstroke and elementary backstroke. **EXPECT CHILDREN TO BE IN THIS STAGE 2-4 TIMES.** We want swimmers to be **CONSISTENT** and **CONFIDENT** in the water. **RECOMMENDED: Swim Cap and Goggles. (Both males and females)**

STAGE 3 LAP POOL | 45 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 3WW OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students will be comfortable having face in the water for longer periods. This stage will begin focusing on longer Stamina in the water, refining the flutter kick, arm recovery for freestyle and backstroke, introduction to rotary breathing, able to retrieve objects at the 5 foot level, sitting and kneeling dives. Introduction to whip kick and breaststroke as well. **EXPECT CHILDREN TO BE IN THIS STAGE 2-4 TIMES.** We want our swimmers to be **CONSISTENT** and **CONFIDENT** in the water. **RECOMMENDED: Swim Cap and Goggles. (Both males and females)**

STAGE 4 | 45 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 3 LAP OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students entering this stage will be comfortable swimming 1 lap of the pool (1 length) putting face in the water without stopping. In this stage, students will gain proficiency in freestyle and backstroke as well as kneeling and standing dives from the side of the pool. They will learn how to tread water for 3 minutes and also learn how to tread water with clothes on for one lesson. **EXPECT THAT THEY WILL BE IN THIS STAGE 2-4 TIMES.** We want our swimmers to be **CONSISTENT** and **CONFIDENT** in the water. **REQUIRED: Swim Cap and Goggles. (Both males and females)**

STAGE 5 | 45 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 4 OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students entering this stage will have attained endurance enough to be able to swim 2 laps (50m or 2 lengths) of the pool in freestyle and backstroke, and 1 lap(25m or 1 length) of sidestroke and elementary backstroke. This class will focus on Mastery of these strokes as well as Proficiency of breaststroke and butterfly. Students will begin to learn diving off blocks and begin to understand and prepare for learning how to swim on a swim team. **EXPECT THAT THEY WILL BE IN THIS STAGE 2-3 TIMES.** We want our swimmers to be **CONSISTENT and CONFIDENT** and have **STAMINA, ENDURANCE AND KNOWLEDGE OF THE STROKES** in this stage. **REQUIRED: Swim cap and Goggles. (Both males and females)**

STAGE 6 | 45 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 5 OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS.** Students entering this stage will have attained mastery of freestyle and backstroke and be proficient in breaststroke and butterfly. Focus will be given to detail on these strokes while improving timing, flip turns, block diving, competition starts and stops. Students will be timed for a 12 minute swim test at the beginning and the end of the session. Students will learn how to develop a personal workout and learn how to use a pace clock. **EXPECT THEM TO BE IN THIS STAGE 2-3 TIMES.** This stage is preparing swimmers to participate in competitive swimming and also helping those who are on swim teams refine their skills. We want our swimmers to be **CONSISTENT and CONFIDENT** and have **STAMINA, ENDURANCE, and KNOWLEDGE OF THE STROKE AND COMPETITIVE SWIMMING.** **REQUIRED: Swim cap and**

Goggles (Both males and females)

SWIM ACADEMY

SWIM ACADEMY | 60 minute class. **STUDENTS MUST HAVE SUCCESSFULLY PASSED STAGE 1 OR HAVE BEEN SWIM SKILLS TESTED TO BE IN THIS CLASS: NO EXCEPTIONS.** Students **MUST** be able to swim the following to be in this stage: Proper breathing, proper arm recovery, proper kicks in freestyle, backstroke, breaststroke and butterfly. Must be able to complete 100m (4 laps) Freestyle, 100m (4 laps) Back Stroke, 50m (2 laps) Breaststroke, 50m (2 laps) Butterfly, 100m IM (1 lap of each stroke with proper turn and touch technique) competitive dive off blocks. This class will focus on using the pace clocks to improve swimmers times, learning about competitive touch pads, and competitive swimming techniques. **REQUIRED: Swim cap and Goggles (Both male and female).** Students can remain in this class as long as needed.

TEEN & ADULT SWIM LESSONS

BEGINNER TEEN AND ADULT | 45 minute class. This class is structured for students age 12-85 who would like to learn to get comfortable in and around the water. Skills taught floating, putting face in water, learning basic strokes all while introducing swimming as a fun and healthy activity. **RECOMMENDED: Swim cap and Goggles (Both males and females)**

INTERMEDIATE TEEN AND ADULT | 45 minute class. This class is structured for students 12-85 who have some comfort in the water and are able to float, have some basic knowledge of the freestyle and

backstroke. They will be developing stroke technique and gaining endurance to be able to swim laps comfortably in the pool. **REQUIRED: Swim Cap and Goggles (Both males and females)**

PRIVATE LESSONS

Available for ages 3 through adult. This is the opportunity for your 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. We may require a caregiver to accompany children who are unable to swim in the Semi private lessons. Swim Instructors and pool schedules will determine private lesson time and availability. Private is for one person, semi private for 2 or 3 people that request together. The Y will not pair without participants. **REQUIRED FORM NEEDS TO BE SUBMITTED TO WELCOME DESK.** Pricing is per person. Lessons are 30 minutes in length. **RECOMMENDED: Swim Cap and Goggles**

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