

NEW CONDENSED FALL SWIM LESSONS

FALL 1 CLASSES WILL TAKE PLACE TUESDAYS AND THURSDAYS OVER A 4 WEEK PERIOD. FALL 2 CLASSES WILL TAKE PLACE ON TUESDAYS AND THURSDAYS OVER A 4 WEEK PERIOD

STAGES 1-3 WARM WATER POOL

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|--------|---|-----------|---|----------|
| FALL 1 SESSION 1 SEPTEMBER 3 - 26 (4 WEEKS) SESSION 2 OCTOBER 1 - 24 (4 WEEKS) FALL 2 SESSION 1 OCTOBER 29 - NOVEMBER 21 (4 WEEKS) SESSION 2 DECEMBER 3 - 19 (3 WEEKS) ALL AGES 3 AND UP \$32 - MEMBER \$63 - COMMUNITY MEMBER WARM WATER POOL | | 10:50 AM - 11:20 AM 6:10 PM - 6:40 PM ATTEND TUESDAY AND THURSDAY FOR 4 WEEKS | | 10:50 AM - 11:20 AM 6:10 PM - 6:40 PM ATTEND TUESDAY AND THURSDAY FOR 4 WEEKS | |

STAGES 3-6 LAP POOL

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|--------|--|-----------|--|----------|
| FALL 1 SESSION 1 SEPTEMBER 3 - 26 (4 WEEKS) SESSION 2 OCTOBER 1 - 24 (4 WEEKS) FALL 2 SESSION 1 OCTOBER 29 - NOVEMBER 21 (4 WEEKS) SESSION 2 DECEMBER 3 - 19 (3 WEEKS) AGES 5 - 12 YRS \$38 - MEMBER \$74 - COMMUNITY MEMBER WARM WATER POOL | | 5:15 PM - 6:00 PM ATTEND TUESDAY AND THURSDAY FOR 4 WEEKS | | 5:15 PM - 6:00 PM ATTEND TUESDAY AND THURSDAY FOR 4 WEEKS | |



YOUTH WEEKLY GROUP SWIM LESSONS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|--|--|--|--|--|
| COMBINED STAGE A/B 6M - 3 YRS WITH CAREGIVER FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER WARM WATER POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER WARM WATER POOL | | 10:15 AM - 10:45 AM 5:00 PM - 5:30 PM | | 5:35 PM - 6:05 PM | 10:45 AM - 11:15 AM |
| STAGE 1 WITH CAREGIVER 2 - 3 YRS WITH CAREGIVER FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER WARM WATER POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER WARM WATER POOL | 5:00 PM - 5:30 PM | 5:35 PM - 6:05 PM | | 5:00 PM - 5:30 PM | 9:00 AM - 9:30 AM 10:10 AM - 10:40 AM |
| STAGE 1 3 YRS + WITHOUT CAREGIVER FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER WARM WATER POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER WARM WATER POOL | 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM | 11:25 AM - 11:55 AM 6:45 PM - 7:15 PM | 6:05 PM - 6:35 PM 6:40 PM - 7:10 PM | 10:15 AM - 10:45 AM 6:45 PM - 7:15 PM | 9:00 AM - 9:30 AM 10:10 AM - 10:40 AM |
| STAGE 2 3 YRS + FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER WARM WATER POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER WARM WATER POOL | 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM | 11:25 AM - 11:55 AM 6:45 PM - 7:15 PM | 6:05 PM - 6:35 PM 6:40 PM - 7:10 PM | 10:15 AM - 10:45 AM 6:45 PM - 7:15 PM | 9:35 AM - 10:05 AM |
| STAGE 3 WARM WATER POOL (30 MIN) 3 YRS + FALL 1 SEPTEMBER 3 - OCTOBER 27 FALL 2 OCTOBER 28 - DECEMBER 22 \$32 - MEMBER \$63 - COMMUNITY MEMBER WARM WATER POOL | 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM | 11:25 AM - 11:55 AM 6:45 PM - 7:15 PM | | 10:15 AM - 10:45 AM 6:45 PM - 7:15 PM | 9:35 AM - 10:05 AM |

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|--|---------|--|----------------------|---|
| STAGE 3 LAP POOL (45MIN) 7 YRS - 12 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$30 - MEMBER \$59 - COMMUNITY MEMBER LAP POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$26 - MEMBER \$55 - COMMUNITY MEMBER LAP POOL | 6:10 PM - 6:55 PM 7:00 PM - 7:45 PM | | 5:15 PM - 6:00 PM 6:05 PM - 6:50 PM | 7:20 PM - 8:05 PM | 9:20 AM - 10:05 AM 10:45 AM - 11:30 AM |
| STAGE 4 5 YRS - 12 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER LAP POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER LAP POOL | 6:45 PM - 7:30 PM | | 5:15 PM - 6:00 PM 6:05 PM - 6:50 PM | 7:20 PM - 8:05 PM | 10:10 AM - 10:55 AM |
| STAGE 5 5 YRS - 12 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER LAP POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER LAP POOL | 6:45 PM - 7:30 PM | | 5:15 PM - 6:00 PM 6:55 PM - 7:40 PM | | 11:00 AM - 11:45 AM |
| STAGE 6 5 YRS - 12 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER LAP POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER LAP POOL | 6:45 PM - 7:30 PM | | 5:15 PM - 6:00 PM | | 11:00 AM - 11:45 AM |

YOUTH GROUP WEEKLY SWIM LESSON DESCRIPTIONS

COMBINED STAGE A/B | 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. *3 - 12 Children per Instructor

YOUTH GROUP WEEKLY SWIM LESSON DESCRIPTIONS CONT.

STAGE 1 WITH CAREGIVER | Caregivers accompany children ages 2-3 years old in this class. 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. *3 - 8 Children per Instructor.

STAGE 1 WITHOUT CAREGIVER | Water Acclimation 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. *3 - 5 Children per Instructor.

STAGE 2 | WATER MOVEMENT | 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 those having a visible level of comfort in the water while being assisted. *3 - 5 Children per Instructor.

STAGE 3 WARM WATER POOL | WATER STAMINA | In this stage, students learn

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 those having a visible level of comfort in the water unassisted. *3 - 5 Children per Instructor.

STAGE 3 LAP POOL | Same as **STAGE 3 WARM WATER** but this class is in the lap pool and intended for older youth. *3 - 6 Children per Instructor.

STAGE 4 | STROKE INTRODUCTION | 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. *3 - 6 Children per Instructor.

STAGE 5 | STROKE DEVELOPMENT | 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. *3 - 8 Children per Instructor.

STAGE 6 | STROKE MECHANICS | Students in this class work on endurance of all four strokes, and discover how to incorporate swimming into a healthy lifestyle. *3 - 8 Children per Instructor.





HOME SCHOOL GROUP SWIM LESSONS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|--|--------|------------------------|-----------|----------|----------|
| STAGE 1 - 3 WARM WATER 3 - 5 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$26 - MEMBER \$50 - COMMUNITY MEMBER WARM WATER POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$22 - MEMBER \$47 - COMMUNITY MEMBER WARM WATER POOL | | 12:15 PM - 12:45 PM | | | |
| STAGE 3 - 6 LAP POOL 5 - 12 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$26 - MEMBER \$50 - COMMUNITY MEMBER LAP POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$22 - MEMBER \$47 - COMMUNITY MEMBER LAP POOL | | 12:55 PM - 1:40 PM | | | |

HOME SCHOOL GROUP WEEKLY SWIM LESSON DESCRIPTIONS

STAGE 1, 2, 3 | 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.

STAGE 3, 4, 5, 6 | 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 WEEKLY SWIM LESSONS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|--|--------|----------------------|-----------|----------|----------|
| BEGINNER 13+ YRS OLD FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER LAP POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER LAP POOL | | 7:15 PM - 8:00 PM | | | |
| INTERMEDIATE 13+ YRS OLD FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER LAP POOL FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER LAP POOL | | 6:55 PM - 7:40 PM | | | |

TEEN AND ADULT SWIM LESSON DESCRIPTIONS

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 OR SEMI-PRIVATE SWIM 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. Coming in and working on a consistent basis is essential to developing swimming skills. We ask that you reinforce the skills learned in classes at our open swim hours two to three times a week.

