

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A-B



3 years–5 years
PRESCHOOL:
STAGES 1-4



5 years–12 years
SCHOOL AGE:
STAGES 1-6



12+ years
TEEN & ADULT:
STAGES 1-6

All age groups are taught the same skills but divided according to their developmental milestones.

WHAT STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A/ WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B/ WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1/ WATER ACCLIMATION
Can the student do a front and back float on his/her own?	NOT YET	2/ WATER MOVEMENT
Can the student swim 10-15 yards on his/her front and back?	NOT YET	3/ WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4/ STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5/ STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6/ STROKE MECHANICS

* At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM GUIDE

Ages 6 months – Adult



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GROUP SWIM LESSONS

Swimming lessons at the Y are specifically tailored to the participant's age, swimming ability, level of physical development and confidence in the water. The Y ensures a low instructor-to-student ratio to ensure our kids get plenty of personal attention.

PARENT-CHILD (6mo-2yrs)

Member: \$93 per session (8 classes)

Non-Member: \$185 per session (8 classes)

Class Length: 30 minutes

Ratio: 10 students :1 instructor

Scheduling: Monthly Times:

Tue/Thurs: 10:30am

Saturday: 9:00, 10:25am

Sunday: 9:00am

PRESCHOOL (3-5yrs)

Member: \$93 per session (8 classes)

Non-Member: \$185 per session (8 classes)

Class Length: 30 minutes

Ratio: 6 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 3:30, 4:55, & 6:20pm

Tue/Thurs @ 3:30, 4:55, & 6:20pm

Saturday @ 9, 10:25 & 11:45am

Sunday @ 9:30am

Youth (6-11yrs)

Member: \$93 per session (8 classes)

Non-Member: \$185 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 4:05 & 5:30pm

***No level 6 class @ 5:30**

Tue/Thurs @ 4:05, 5:30, & 6:55pm

***6:55 class only for levels 4, 5, & 6**

Saturday @ 9:35am & 11am

***No level 6 @ 11am**

***No level 5 on Saturday**

Sunday @ 10am

Upcoming Session Dates

Monday/Wednesday

July 1st-July 31st

August 5th -August 21st

September 4th- September 30

Tuesday/Thursday

July 2nd- July 30th (No class July 4th)

August 1st- August 22nd

September 3-September 26

Saturday :

July 13th—August 24th

September 7th-October 26th

Sunday:

July 14th—August 25th

September 8th-October 27th

Swim Evaluations

If your child has not taken lessons with us before (or it has been longer than 2 months) they must complete a swim evaluation prior to registering.

Scheduling:

Saturday's @ 12:00pm

Sunday's @ 9:00am

PRIVATE SWIM LESSONS

Private and semi-private swim lessons at the YMCA are designed to allow individuals the ability to work at their own personal level and pace in order to achieve their goals.

Private Lessons

One Participant

Member: \$202 (6x 30 min)

Non-Member: \$302 (6x 30 min)

Scheduling: An instructor will contact you to set up your lesson time.

* 90 day expiration from time of first class

Semi-Private Lessons

Two Participants

Member: \$308 or \$154 per participant

Non-Member: \$408 or \$204 per participant

(6x 30 min. per participant)

ADULT (18 YRD OLD +)

Member: \$93 per session (8 classes)

Non-Member: \$185 per session (8 classes)

Class Length: 45 minutes

Ratio: 10 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 6:55pm

***Beginner & Intermediate classes offered**

Saturday @ 12:15pm

Swim Team

This competitive program offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance and promote a healthy lifestyle.

Tryouts: Available Monday-Thursday at 4:15pm.

Members Only:

Bronze-\$210 per season, Sibling discount \$190 per season

Silver- \$215 per season, Sibling Discount \$195 per season

Gold- \$220 per season, Sibling discount \$199 per season

Platinum AM -\$240

Scheduling:

Monday-Thursday: Platinum AM: 7:00am-8:30am

Bronze: 4:30pm-5:15pm

Sliver: 5:15pm-6:30pm

Gold: 6:30pm-8:00pm

Platinum PM 6:30pm-8:30pm

Season Dates: Registration Open

Season 2: September 3 - December 12

