

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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Aquatics Department
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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: \$103 per session (8 classes)

Non-Member: \$195 per session (8 classes)

Class Length: 30 minutes

Ratio: 10 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed: 5:30pm

Tue/Thurs: 10:30am

Saturday: 9:00, 10:25am

Sunday: 9:00am

Upcoming Session Dates

Monday/Wednesday

January 6th - January 29th

February 3rd - February 26th

March 3rd - March 31st

April 2nd - April 30th

Tuesday/Thursday

January 7th - January 30th

February 4th - February 27th

March 4th - March 27th

April 1st - April 29th

Saturday :

January 4th - February 22nd

March 1st - April 26th

Sunday:

January 5th - February 23rd

March 2nd - April 27th

PRESCHOOL (3-5yrs)

Member: \$103 per session (8 classes)

Non-Member: \$195 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: \$103 per session (8 classes)

Non-Member: \$195 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**

Sunday @ 10am

***No level 6 on Sunday**



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: \$212 (6x 30 min)

Non-Member: \$312 (6x 30 min)

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

* 90 day expiration from time of first class

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-\$220 per season, Sibling discount \$200 per season

Silver- \$225 per season, Sibling Discount \$205 per season

Gold- \$230 per season, Sibling discount \$210 per season

Platinum -\$250 per season, Sibling discount \$225 per season

Scheduling:

Monday-Thursday:

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

Bronze: 4:30pm-5:15pm

Silver: 5:15pm-6:30pm

Gold: 6:30pm-8:00pm

Platinum PM 6:30pm-8:30pm

Season Dates: Registration Open

Season 1: January 6th-April 10th

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

Semi-Private Lessons

Two Participants

Member: \$318 or \$160 per participant

Non-Member: \$418 or \$214 per participant

(6x 30 min. per participant)

ADULT (18 YRD OLD +)

Member: \$103 per session (8 classes)

Non-Member: \$195 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

TEEN (12-17 YRS OLD)

Member: \$103 per session (8 classes)

Non-Member: \$195 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 6:55pm

Saturday @ 12:15pm