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.

the YMCA

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: $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

May 5th - May 28 (No class May 26th)

June 2nd - June 30th

July 2nd -July 30th

August 4th - August 27th

Tuesday/Thursday

May 1st - May 29th

June 3rd - June 26th

July 1st - July 31st

August 5th -August 28th

Saturday :

May 3rd - June 28th (No class May 24th)

July 12th - August 23rd (No Class July 5th)

Sunday:

May 4th - June 29th (No class May 25th)

July 13th - August 24th (No class July 6th)

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)

Semi-Private Lessons

Two Participants

Member: $318 or $160 per participant

Non-Member: $418 or $214 per participant

(6x 30 min. per participant)

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 AM -$250, Sibling discount $225 per season

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 1: January 6th - April 10

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

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