



Why put your child into Swim Lessons?

Swimming improves cardiovascular fitness. Achievements acquired through the process of learning to swim helps develop lifelong self-confidence, which promotes success in all future challenges in and out of the water. Drowning is the leading cause of death in children aged between 1 and 5 year old.

Drowning is also the second leading cause of injury related death for children aged 1 - 14 years old. Skills will dwindle if swimmers practice only in the summer. Kids need year round swim lessons to progress successfully.

SWIM LESSONS:

PRESCHOOL (3-5 years old) & YOUTH (5+ years old)

Monthly sessions start Tuesday, September 8 and run on a continuous month to month basis.

Enrollment is limited and is on a first come, first serve basis. Early registration is recommended.

No classes will be held: Christmas Break (Dec. 21, 09-Jan. 4, 2010) or Spring Break (March 15-19, 2010).

All class fees are monthly and are due by the 1st of each month at the Front Desk or using online registration.

Lessons meet 45 minutes once per week for four consecutive weeks.

Cost: Member: \$17.00, Non-Member: \$34.00

Class Times Available

Tuesdays: 10:00-10:45 am Preschool Levels 1 2 3 4

5:15-6:00 pm Preschool Levels 1 2 3 4

6:15-7:00 pm Youth Levels 1 2 3 4 5

Wednesdays: 10:00-10:45 am Preschool Levels 1 2 3 4

Thursdays: 5:15-6:00 pm Youth Levels 1 2 3 4 5

6:15-7:00 pm Preschool Levels 1 2 3 4

See page 2 to view
class prerequisites

(What level should I
enroll my child in?)

PARENT/CHILD LESSONS

For ages 6 months to three years Parent/Guardian participation required. Baby and parent learn water environment safety while sharing quality time. Class members learn about water adjustment, water safety, swimming readiness skills, sing songs and play games. Lessons meet 30 minutes once per week.

Members \$11.25, Non-Member \$22.50

Mondays :

10:15-10:45 am

ADULT SWIM LESSONS

Overcome your fear of the water, improve your strokes and learn water safety skills. This class is tailored to each participant's needs. Members \$22.75, Non-Member \$45.50

Tuesdays: 7:30-8:30 pm

PRIVATE SWIM LESSONS

For ages 3 to 99 years

For anyone wanting one-on-one instruction. Our instructors can fit the swim lesson to meet the need of each individual. Private lessons will be scheduled into four lessons lasting 30 minutes each. If interested, please contact the front desk and an instructor will call you to schedule your lessons.

Private lessons are open to YMCA Members only.

Member: \$40.00



Swim Lesson Class Prerequisites

PRESCHOOL LESSON SKILLS

3-5 Years old

Preschool I (Beg)

First water experience.

Preschool II (Int Beg)

Children who can kick, splash and blow bubbles without support or assistance.

Preschool III (Adv Beg)

Children who can free float for 5-10 seconds and swim 15 feet without support on their front, back, and side.

Preschool IV (Adv)

Children who can perform overarm strokes on front and back for 20 feet without support.

YOUTH LESSON SKILLS

Ages 6-14

Youth I (Beg)

No skills required.

Youth II (Int Beg)

Children who can free float for 5-10 seconds and swim 5 feet without support on their front and back.

Youth III (Adv Beg)

Children who can swim 15 yards front crawl with rhythmic breathing and swim 15 yards of back crawl.

Youth IV (Int Adv)

Children who can swim 25 yards front crawl with rhythmic breathing swim 25 yards of back crawl and have basic knowledge of breaststroke and elementary backstroke.

Youth V (Adv)

Children who can swim 50 yards and are proficient in above strokes.