



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHWEST YMCA SWIM LESSONS

**2018 WINTER SESSION: January 7 – March 3**

## SWIM STARTERS

### A/Water Discovery

Parents accompany children in stage A, which introduces infants & toddlers to the aquatic environment through exploration & encourages them to enjoy themselves while learning about the water. Class duration: 30 minutes.

- Sunday: 4:05 pm
- Saturday: 11:15 am

### B/Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety & aquatic skills. Class duration: 30 minutes.

- Sunday: 4:40 pm
- Saturday: 8:55 am

## SWIM BASICS

### 1/Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling in a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. Class duration: 30 minutes (3-5 years) or 40 minutes (6 years & up).

#### Ages 3 – 5 years: 30 minutes:

- Sunday: 3:30 pm
- Monday: 5:45 pm
- Tuesday: 10:00 am
- Wednesday: 11:45 am, 5:30 pm
- Thursday: 5:00 pm
- Saturday: 8:55 am, 11:00 am

#### Ages 6 years & up: 40 minutes:

- Sunday: 5:15 pm
- Monday: 6:55 pm
- Wednesday: 6:05 pm
- Thursday: 7:15 pm
- Saturday: 9:30 am

### 2/Water Movement

In stage 2, students focus on body position & 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.

#### Ages 3 – 5 years: 30 minutes:

- Sunday: 3:30 pm
- Monday: 5:45 pm
- Tuesday: 10:00 am
- Wednesday: 11:45 am, 5:30 pm
- Thursday: 5:35 pm
- Saturday: 8:55 am, 10:40 am

### 2/Water Movement continued...

#### Ages 6 years & up: 40 minutes:

- Sunday: 5:15 pm
- Monday: 6:55 pm
- Wednesday: 6:05 pm
- Thursday: 7:15 pm
- Saturday: 9:30 am

### 3/Water Stamina

In stage 3, students learn how 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 & integrated arm & leg action.

#### Ages 3 – 5 years: 30 minutes:

- Sunday: 4:05 pm
- Monday: 6:20 pm
- Tuesday: 10:30 am
- Wednesday: 11:45 am, 5:30 pm
- Thursday: 6:10 pm
- Saturday: 9:30 am

#### Ages 6 years & up: 40 minutes:

- Sunday: 3:30 pm, 5:15 pm
- Monday: 6:55 pm
- Wednesday: 6:05 pm
- Saturday: 10:15 am

Unsure about which stage your child is ready for? Visit our website to view our lesson selector chart:

[www.metroymca.org/lesson-selector](http://www.metroymca.org/lesson-selector)  
or visit the Welcome Center.

REGISTRATION OPENS – Members: December 11 • Non members: December 15  
Register at the Southwest YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)

## SWIM STROKES

### 4/Stroke Introduction

Students in stage 4 develop stroke technique in front crawl & back crawl, and learn the breaststroke kick & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.

#### Ages 3 – 5 years: 30 minutes:

- Sunday: 4:40 pm
- Monday: 6:20 pm
- Tuesday: 10:30 am
- Thursday: 6:45 pm
- Saturday: 10:05 am

#### Ages 6 years & up: 40 minutes:

- Sunday: 4:15 pm
- Monday: 5:45 pm
- Wednesday: 6:05 pm
- Thursday: 6:30 pm
- Saturday: 11:00 am

### 5/Stroke Development

Students in stage 5 work on stroke technique & learn all major competitive strokes. The emphasis on water safety continues through treading water & sidestroke.

#### Ages 6 years & up: 40 minutes:

- Sunday: 5:00 pm
- Monday: 6:30 pm
- Thursday: 5:45 pm
- Saturday: 10:15 am

### YMCA Recreational Swim Team (6–18 years)

This swim team is for beginning to intermediate competitive swimmers to learn & refine the four competitive strokes with turns & starts (where pool depths allow). This level may compete in YMCA of Greater Omaha recreational meets only. Must have completed Fish Level, Swim Strokes Stage 6, or equivalent. Follows the Winter session dates.

**Ages 10 years & up: Monday & Wednesday: 7:00–7:45 pm**

**Ages 8 years & under: Tuesday & Thursday: 6:00–6:45 pm**

**Ages 9–11 years: Tuesday & Thursday: 6:50–7:30 pm**

Member: \$122 • Non member: \$244

### Adult Swim Lessons

At this level you will continue to improve your strokes or learn the basics of swimming.

**Thursday: 7:35–8:15 pm**

**Saturday: 11:45 am–12:25 pm**

Member: \$61 • Non member: \$122

### 6/Stroke Mechanics

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

#### Ages 6 years & up: 40 minutes:

- Sunday: 5:45 pm
- Monday: 7:15 pm
- Thursday: 5:00 pm
- Saturday: 9:30 am

## SWIM LESSON PRICING

### 30 minute lessons

Member: \$59

Non member: \$118

### 40 minute lessons

Member: \$61

Non member: \$122

### Private Swim Lessons

These 30 minute lessons allow swimmers to enhance their skills or learn basic strokes by meeting individually with a swim instructor. Get 6 lessons for the price of 5.

**By appointment only. Contact the Welcome Center or Aquatics Managers for prices & appointments.**

## AQUATICS CONTACT:

**Ben Novak & Brandon Ray, Aquatics Managers**  
402-334-8487 • [swaquatic@metroymca.org](mailto:swaquatic@metroymca.org)

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