



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA SWIM LESSONS

**2018 SPRING SESSION: March 4–April 28**

## 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.

- Thursday: 5:30 pm

### 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.

- Thursday: 5:30 pm

## 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:

- Tuesday: 6:00 pm
- Thursday: 6:00 pm
- Saturday: 9:00 am

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

- Tuesday: 6:35 pm
- Thursday: 6:35 pm
- Saturday: 9:35 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:

- Tuesday: 6:00 pm
- Thursday: 6:00 pm
- Saturday: 9:00 am

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

- Tuesday: 6:35 pm
- Thursday: 6:35 pm
- Saturday: 9:35 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:

- Tuesday: 6:00 pm
- Thursday: 6:00 pm
- Saturday: 9:00 am

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

- Tuesday: 6:35 pm
- Thursday: 6:35 pm
- Saturday: 9:35 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: February 19 • Non members: February 23  
Register at the Downtown YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)

## SWIM STROKES

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### 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:

- Tuesday: 6:00 pm
- Thursday: 6:00 pm
- Saturday: 9:00 am

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

- Tuesday: 6:35 pm
- Thursday: 6:35 pm
- Saturday: 9:35 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:

- Tuesday: 7:20 pm
- Thursday: 7:20 pm
- Saturday: 10:20 am

### Private/Semi Private Lessons

Private swim lessons are one-on-one lessons with an instructor. The lessons will be tailored to the student's specific needs, whether it is learning the basics of how to swim, training for a triathlon, weight loss goals, and more. Our instructors will work with your schedule to find the times that work best for you. Private lessons are for everyone – children, teens, and adults! By appointment only.

#### Private Lessons: 30 minute lessons 6 pack

Member: \$150 • Non member: \$300

#### Semi Private Lessons (for 2-3 people): 30 minute lessons 6 pack

Member: \$90 • Non member: \$180

### 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:

- Tuesday: 7:20 pm
- Thursday: 7:20 pm
- Saturday: 10:20 am

## SWIM LESSON PRICING

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### 30 minute lessons

Member: \$59

Non member: \$118

### 40 minute lessons

Member: \$61

Non member: \$122

### 100 Mile Swim Club

Challenge yourself to swim 100 miles in 2018! Track your miles swam at the Y in the binder on the pool deck. Complete the challenge by December 11, 2018 to receive a t-shirt! Once the challenge is completed, turn your information into the Aquatics staff.

Member: FREE

## AQUATICS CONTACT:

Payton Irlbeck, Aquatics Director  
402-977-4317 • [pirlbeck@metroymca.org](mailto:pirlbeck@metroymca.org)

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