



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SARPY YMCA SWIM LESSONS

2018 1ST SUMMER SESSION: May 6–June 30

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.

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

- Tuesday: 5:25 pm
- Thursday: 5:25 pm
- Saturday: 9:35 am, 10:10 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: 3:10 pm, 3:55 pm
- Tuesday: 5:25 pm,
- Thursday: 5:25 pm
- Saturday: 9:00 am, 9:45 am, 10:20 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:10 pm
- Tuesday: 6:00 pm
- Wednesday: 5:25 pm
- Thursday: 6:00 pm

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: 3:45 pm
- Tuesday: 5:25 pm
- Wednesday: 6:10 pm
- Thursday: 5:25 pm
- Saturday: 9:35 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:10 pm, 4:20 pm
- Tuesday: 6:45 pm
- Thursday: 6:00 pm
- Saturday: 10:20 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: 3:10 pm, 3:45 pm, 4:30 pm, 4:40 pm
- Tuesday: 6:00 pm,
- Thursday: 5:25 pm, 6:45 pm
- Saturday: 9:00 am, 9:45 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:55 pm
- Tuesday: 6:00 pm
- Wednesday: 6:45 pm
- Thursday: 6:35 pm
- Saturday: 10:10 am

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

www.metroymca.org/lesson-selector
or visit the Welcome Center.

REGISTRATION OPENS – Members: April 16 • Non members: April 20
Register at the Sarpy YMCA Welcome Center or online: 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:

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

Ages 6 years & up: 40 minutes:

- Sunday: 4:20 pm
- 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:

- Thursday: 6:45 pm
- Saturday: 9:00 am

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: 6:45 pm

Swim Conditioning 1

Classes help swimmers gain endurance. Class is 35 min long.

Tuesday: 4:45 pm

Thursday: 4:45 pm

Member: \$54 • Non member: \$80

Swim Conditioning 2

Further advance strokes and endurance. Class is 1 hour long.

Monday: 6:00 pm

Wednesday: 6:00 pm

Saturday: 10:20 am

Member: \$80 • Non member: \$160

AQUATICS CONTACT:

Ryan Lavanger, Aquatics Director
402-339-9861 • rlavanger@metroymca.org

EXTRA SUMMER LESSONS:

Speedy Swimmers

4 lessons in a week to work on your swimming ability and to create more confidence in the water. Classes held Monday-Thursday.

Stage 1 & 2 (preschool & school age): 9:00 am

Stage 3 & 4 (preschool & school age): 9:00 am

Member: \$27/week • Non member: \$54/week

Summer Day Camp Swim Lessons

Participants should be part of the Summer Day Camp Program. Campers will be picked up each morning and brought back to camp at the end of lessons.

Monday-Thursday: 8:20-8:50 am

Will follow the same weekly schedule as camp.

Member: \$27/week • Non member: \$54/week

*No lessons the week of Memorial Day or July 4

• UPCOMING SESSION •

Second Summer Session:

July 1-August 25

Registration opens:

Member: June 18 • Non member: June 22

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.

By appointment only.

6 Pack of Lessons: Member: \$175 • Non member: \$200

Individual Lessons: Member: \$35 • Non member: \$70

Semi-Private Swim Lessons

These 30 minute lessons allow swimmers to enhance their skills or learn basic strokes by meeting individually with a swim instructor. Lesson consists of 2-4 participants with a swim instructor. All participants for the lessons are provided by the member/non member.

By appointment only.

6 Pack of Lessons: Member: \$100 • Non member: \$175

Individual Lessons: Member: \$15 • Non member: \$30

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