



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MILLS COUNTY YMCA SWIM LESSONS & SWIM TEAM

2018 1ST FALL SESSION: September 4–October 23

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: 6:15 pm
- Sunday: 3:00 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.

- Tuesday: 6:15 pm
- Sunday: 3:00 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: 5:30 pm, 6:15 pm
- Saturday: 9:00 am
- Sunday: 3:00 pm, 3:45 pm

Ages 6 years & up: 40 minutes:

- Tuesday: 5:30 pm, 6:15 pm
- Saturday: 9:00 am
- Sunday: 3:00 pm, 3:45 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:

- Tuesday: 5:30 pm, 6:15 pm
- Saturday: 9:35 am
- Sunday: 3:00 pm, 3:45 pm

Ages 6 years & up: 40 minutes:

- Tuesday: 5:30 pm, 6:15 pm
- Saturday: 9:35 am
- Sunday: 3:00 pm, 3:45 pm

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: 5:30 pm, 6:15 pm
- Saturday: 9:00 am
- Sunday: 3:00 pm, 3:45 pm

Ages 6 years & up: 40 minutes:

- Tuesday: 5:30 pm, 6:15 pm
- Saturday: 9:00 am
- Sunday: 3:00 pm, 3:45 pm

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: August 13 • Non members: August 17
Register at the Mills County 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:

- Tuesday: 6:15 pm, 7:00 pm
- Saturday: 10:10 am
- Sunday: 3:00 pm, 3:45 pm

Ages 6 years & up: 40 minutes:

- Tuesday: 6:15 pm, 7:00 pm
- Saturday: 10:10 am
- Sunday: 3:00 pm, 3:45 pm

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: 6:15 pm, 7:00 pm
- Saturday: 10:45 am
- Sunday: 3:00 pm, 3:45 pm

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: 6:15 pm, 7:00 pm
- Saturday: 10:45 am
- Sunday: 3:00 pm, 3:45 pm

Private Swim Lessons

Private Lessons are available upon request and instructor availability for all ages.

As scheduled with the instructor. 30 minutes lessons.

Private (one-on-one): Member: \$35 • Non member: \$70

SWIM LESSON PRICING

30 minute lessons

Member: \$59

Non member: \$118

40 minute lessons

Member: \$61

Non member: \$122

PRORATED SATURDAY & SUNDAY LESSONS (7 weeks)

30 minute lessons

Member: \$50

Non member: \$100

40 minute lessons

Member: \$52

Non member: \$104

Recreational Swim Team (6-18 years)

This swim team is for beginning to intermediate competitive swimmers to learn and refine the four competitive strokes with turns and starts. This level may compete in YMCA of Greater Omaha Recreational Meets only. Must have completed Swim Strokes Stage 6 or equivalent.

July 9-August 2: Monday-Thursday: 11:00-11:45 am

Member: \$85 • Non member: \$100

Fall 2018 Mock Meet

This swim team is for beginning to intermediate competitive swimmers to learn and refine the four competitive strokes with turns and starts. This level may compete in YMCA of Greater Omaha Recreational Meets only. Must have completed Swim Strokes Stage 6 or equivalent.

October 27

FREE for Fall Recreational Swim Team participants

Member: \$20 • Non member: \$30

Registration deadline: October 19

Aquatic Conditioning

This program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. This class will also work on starts, finishes, and flip turns for competitive swimming. Must have passed Stage 6 to enroll.

Tuesday: 7:00 pm

Sunday: 3:45 pm

Member: \$61 • Non member: \$122

AQUATICS CONTACT:

Alexis Unger, Aquatics/Youth & Family Director
712-527-4352 • aunger@metroymca.org

• UPCOMING SESSION •

2nd Fall Session:

October 28-December 22

Registration opens:

Member: October 15 • Non member: October 19

REGISTRATION OPENS - Members: August 13 • Non members: August 17

Register at the Mills County YMCA Welcome Center or online: www.metroymca.org