



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SARPY YMCA SWIM LESSONS

**2018 1<sup>ST</sup> FALL SESSION: September 2–October 27**

## 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

## 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, 10:20 am

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

- Sunday: 3:45 pm, 4:30 pm
- Tuesday: 6:00 pm
- Thursday: 6:00 pm
- Saturday: 9:00 am, 9:45 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: 3:55 pm
- Thursday: 5:25 pm

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

- Sunday: 4:30 pm
- Tuesday: 6:35 pm
- Thursday: 6:00 pm
- Saturday: 9:35 am, 10:10 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: 4:30 pm
- Tuesday: 5:25 pm, 6:45 pm
- Thursday: 5:25 pm, 6:45 pm
- Saturday: 9:00 am, 9:35 am

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

- Sunday: 3:10 pm
- Tuesday: 6:00 pm
- Thursday: 6:35 pm
- Saturday: 9:45 am, 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](http://www.metroymca.org/lesson-selector)  
or visit the Welcome Center.

**REGISTRATION OPENS – Members: August 13 • Non members: August 17**  
Register at the Sarpy 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: 3:10 pm
- Thursday: 6:00 pm
- Saturday: 9:35 am, 10:30 am

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

- Sunday: 3:45 pm
- Tuesday: 6:45 pm
- Thursday: 6:35 pm
- Saturday: 10:20 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: 4:30 pm
- Saturday: 9:00 am, 9:35 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:

- Sunday: 3:10 pm
- Thursday: 6:45 pm
- Saturday: 10:20 am

#### • UPCOMING SESSION •

2nd Fall Session:

October 28–December 22

Registration opens:

Member: October 15 • Non member: October 19

## SWIM LESSON PRICING

### 30 minute lessons

Member: \$59

Non member: \$118

### 40 minute lessons

Member: \$61

Non member: \$122

### 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**

**Saturday: 10:20 am**

Member: \$80 • Non member: \$160

### 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: \$350

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: \$200

Individual Lessons: Member: \$20 • Non member: \$40

## AQUATICS CONTACT:

Ryan Lavanger, Aquatics Director

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