



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUTLER-GAST YMCA SWIM LESSONS

**2018 2<sup>ND</sup> FALL SESSION: October 28–December 22**

Winter Session: January 6–March 2, 2019  
Registration: Member: December 10 • Non member: December 14

**AQUATICS CONTACT:**

Andrew Morton, Aquatics Coordinator  
402-453-8903 • [amorton@metroymca.org](mailto:amorton@metroymca.org)

## 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.

- Saturday: 10:20 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.

- Saturday: 10:20 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:**

- Thursday: 6:00 pm
- Friday: 5:30 pm

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

- Friday: 5:30 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:**

- Thursday: 6:00 pm
- Friday: 6:10 pm

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

- Thursday: 6:20 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:**

- Saturday: 10:20 am

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

- Thursday: 6:35 pm

## 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: 6:35 pm

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

- Thursday: 6:35 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:**

- Thursday: 6:35 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:**

Not available at the Butler-Gast YMCA in the 1<sup>st</sup> Fall 2018 session. Please view another Y location.

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.

**30 minute lessons**

Member: \$59

Non member: \$118

**40 minute lessons**

Member: \$61

Non member: \$122

**REGISTRATION OPENS – Members: October 15 • Non members: October 19**  
Register at the Butler-Gast YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)