



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARLES E. LAKIN YMCA SWIM LESSONS & SWIM TEAM

2018 2ND FALL SESSION: October 28–December 22

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: 6:00 pm at the Charles E. Lakin YMCA
- Saturday: 9:00 am at the Charles E. Lakin YMCA

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: 6:35 pm at the Charles E. Lakin YMCA
- Saturday: 9:35 am at the Charles E. Lakin YMCA

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: 1:00 pm at Kirn Pool
- Tuesday: 5:25 pm, 6:00 pm at the Charles E. Lakin YMCA
- Wednesday: 7:10 pm at Kirn Pool
- Thursday: 5:25 pm, 6:00 pm at the Charles E. Lakin YMCA
- Saturday: 9:00 am at the Charles E. Lakin YMCA

Ages 6 years & up: 40 minutes:

- Sunday: 1:35 pm at Kirn Pool
- Tuesday: 6:35 pm at the Charles E. Lakin YMCA
- Wednesday: 7:45 pm at Kirn Pool
- Thursday: 6:35 pm at the Charles E. Lakin YMCA
- Saturday: 9:35 am at the Charles E. Lakin YMCA

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: 1:00 pm at Kirn Pool
- Tuesday: 5:25 pm, 6:00 pm at the Charles E. Lakin YMCA
- Wednesday: 7:10 pm at Kirn Pool
- Thursday: 5:25 pm, 6:00 pm at the Charles E. Lakin YMCA
- Saturday: 9:00 am at the Charles E. Lakin YMCA

Ages 6 years & up: 40 minutes:

- Sunday: 1:35 pm at Kirn Pool
- Tuesday: 6:35 pm at the Charles E. Lakin YMCA
- Wednesday: 7:45 pm at Kirn Pool
- Thursday: 6:35 pm at the Charles E. Lakin YMCA
- Saturday: 9:35 am at the Charles E. Lakin YMCA

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: 1:00 pm at Kirn Pool
- Tuesday: 6:35 pm at the Charles E. Lakin YMCA
- Wednesday: 7:10 pm at Kirn Pool
- Saturday: 9:00 am at the Charles E. Lakin YMCA

Ages 6 years & up: 40 minutes:

- Sunday: 2:20 pm at Kirn Pool
- Tuesday: 7:20 pm at the Charles E. Lakin YMCA
- Wednesday: 7:45 pm at Kirn Pool
- Thursday: 7:20 pm at the Charles E. Lakin YMCA
- Saturday: 10:20 am at the Charles E. Lakin YMCA

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: October 15 • Non members: October 19
Register at the Charles E. Lakin 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:

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- Wednesday: 7:10 pm at Kirn Pool

Ages 6 years & up: 40 minutes:

- Sunday: 2:20 pm at Kirn Pool
- Tuesday: 7:20 pm at the Charles E. Lakin YMCA
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- Saturday: 10:20 am at the Charles E. Lakin YMCA

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: 2:20 pm at Kirn Pool
- Tuesday: 7:20 pm at the Charles E. Lakin YMCA
- Wednesday: 7:45 pm at Kirn Pool
- Thursday: 7:20 pm at the Charles E. Lakin YMCA
- Saturday: 10:20 am at the Charles E. Lakin YMCA

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: 2:20 pm at Kirn Pool
- Tuesday: 7:20 pm at the Charles E. Lakin YMCA
- Wednesday: 7:45 pm at Kirn Pool
- Thursday: 7:20 pm at the Charles E. Lakin YMCA
- Saturday: 10:20 am at the Charles E. Lakin YMCA

SWIM LESSON PRICING

30 minute lessons

Member: \$59

Non member: \$118

40 minute lessons

Member: \$61

Non member: \$122

Private/Semi Private Swim Lessons (all ages)

Private setting to learn to swim where we can focus more so on the needs of the child rather than following the curriculum of group lessons. Great for siblings or kids that get distracted easily. Lessons run 30mins long with options of paying by lesson or purchasing a 6 pack. Classes are set up with the aquatic director and based on your availability, Instructor availability and pool space.

Member: \$35/lesson • Non member: \$70/lesson

Contact Megan Warneke for more information:
712-322-6606 • mwarneke@metroymca.org

YMCA Recreational Swim Team (6-18 years)

This swim team is for beginning to intermediate competitive swimmers to learn & refine the four competitive strokes with turns & starts (where pool depths allow). This level may compete in YMCA of Greater Omaha recreational meets only. Must have completed Swim Strokes Stage 6, or equivalent.

Follows the Fall session dates.

Member: \$120/session • Non member: \$240/session

Practice times: Monday & Wednesday at Kirn Pool

Beginner group: 6:15 pm

Intermediate group: 7:15 pm

• UPCOMING SESSION •

Winter Session:
January 6–March 2, 2019

Registration opens:

Member: December 10 • Non member: December 14

AQUATICS CONTACT:

Megan Warneke, Aquatics Director
712-322-6606 • mwarneke@metroymca.org

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