



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SARPY YMCA SWIM LESSONS

**2019 WINTER SESSION: January 6–March 2, 2019**

## 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.

No classes in the Winter 2019 session.

### 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**
- **Saturday: 9:00 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
- Saturday: 9:35 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: 3:10 pm, 3:55 pm
- Tuesday: 6:00 pm
- Thursday: 5:25 pm, 6:00 pm

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

- Sunday: 4:30 pm
- Tuesday: 6:35 pm
- Thursday: 6:00 pm
- Saturday: 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, 6:00 pm, 6:35 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, 10:30 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 – December 10

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:

- Thursday: 6:00 pm
- Saturday: 9:35 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

#### • UPCOMING SESSION •

Spring Session:  
March 3–April 27, 2019

Registration opens:

Member: February 18 • Non member: February 22

## 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.

#### Thursday: 5:20 pm

Member: \$54 • Non member: \$80

### Swim Conditioning 2

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

#### Saturday: 10:20 am

Member: \$80 • Non member: \$160

### Private/Semi Private Lessons

Private setting to learn to swim where we 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 30 minutes with options of paying by lesson or purchasing a 6 pack where you would receive 6 lessons for the price of 5. Classes are set up with the aquatic director and based on your availability, instructor availability and pool space.

#### Private Lessons: 30 minute lesson

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

#### Private Lessons: 30 minute lesson 6 pack

Member: \$175 • Non member: \$350

#### Semi Private Lessons (for 2–3 people): 30 minute lesson

Member: \$20/lesson/child • Non member: \$40/lesson/child

#### Semi Private Lessons (for 2–3 people): 30 minute lesson 6 pack

Member: \$100/child • Non member: \$200/child

## AQUATICS CONTACT:

Jessica Rivera, Aquatics Director  
402-339-9861 • [jrivera@metroymca.org](mailto:jrivera@metroymca.org)

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