



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SARPY YMCA SWIM LESSONS

2018 WINTER SESSION: January 7 – March 3

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: 9:30 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.

- Thursday: 5:25 pm
- Saturday: 9:35 am, 10:10 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, 9:45 am, 10:20 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:10 pm
- Tuesday: 6:00 pm
- Wednesday: 5:30 pm
- Thursday: 6:00 pm
- Saturday: 9:00 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: 3:10 pm, 3:45 pm, 4:30 pm, 4:40 pm
- Tuesday: 6:30 pm,
- Thursday: 5:25 pm, 6:45 pm
- Saturday: 9:00 am, 9:45 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:55 pm
- Tuesday: 6:35 pm
- Wednesday: 6:45 pm
- Thursday: 6:35 pm
- Saturday: 10:10 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: 3:45 pm
- Tuesday: 5:25 pm
- Wednesday: 6:10 pm
- Thursday: 5:25 pm
- Saturday: 9:35 am

Ages 6 years & up: 40 minutes:

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

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: December 11 • Non members: December 15
Register at the Sarpy 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:

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

Ages 6 years & up: 40 minutes:

- Sunday: 4:20 pm
- Tuesday: 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: 6:45 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:

- Thursday: 6:45 pm

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

Wednesday: 6:00 pm

Saturday: 10:20 am

Member: \$80 • Non member: \$160

AQUATICS CONTACT:

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