



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHARLES E. LAKIN YMCA SWIM LESSONS & SWIM TEAM

**2019 SPRING SESSION: March 3–April 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.

- 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](http://www.metroymca.org/lesson-selector)  
or visit the Welcome Center.

**REGISTRATION OPENS – Members: February 18 • Non members: February 22**  
Register at the Charles E. Lakin 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: 1:00 pm at Kirn Pool
- Tuesday: 6:35 pm at the Charles E. Lakin YMCA
- 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
- 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

### 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

### • UPCOMING SESSION •

First Summer Session:  
May 5-June 29

Registration opens:  
Member: April 15 • Non member: April 19

## SWIM LESSON PRICING

### 30 minute lessons

Member: \$59

Non member: \$118

### 40 minute lessons

Member: \$61

Non member: \$122

### 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 people): 30 minute lesson

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

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

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

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

### Red Cross Life Guard Certification starting Spring 2019.

Contact Megan Warneke for more details at  
mwarneke@metroymca.org or 712-322-6606

## AQUATICS CONTACT:

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

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