



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MILLS COUNTY YMCA SWIM LESSONS & SWIM TEAM

## 2019 SPRING SESSION: \*\*March 10–May 5

\*\*The Mills County YMCA Spring Session will begin a week later than previously scheduled due to inclement winter weather cancellations.

### 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: 5:30 pm
- Sunday: 3:00 pm

#### 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: 5:30 pm
- Sunday: 3:00 pm

### 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:

- Tuesday: 5:30 pm, 6:15 pm
- Thursday: 6:30 pm
- Saturday: 9:00 am
- Sunday: 3:00 pm, 3:45 pm

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

- Tuesday: 5:30 pm, 6:15 pm
- Thursday: 6:30 pm
- Saturday: 9:00 am
- Sunday: 3:00 pm, 3:45 pm

#### 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:

- Tuesday: 5:30 pm, 6:15 pm
- Thursday: 6:30 pm
- Saturday: 9:35 am
- Sunday: 3:00 pm, 3:45 pm

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

- Tuesday: 5:30 pm, 6:15 pm
- Thursday: 6:30 pm
- Saturday: 9:35 am
- Sunday: 3:00 pm, 3:45 pm

#### 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:

- Tuesday: 5:30 pm, 6:15 pm
- Thursday: 6:30 pm
- Saturday: 9:00 am
- Sunday: 3:00 pm, 3:45 pm

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

- Tuesday: 5:30 pm, 6:15 pm
- Thursday: 6:30 pm
- Saturday: 9:00 am
- Sunday: 3:00 pm, 3:45 pm

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 Mills County 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:

- Tuesday: 6:15 pm, 7:00 pm
- Thursday: 6:30 pm
- Saturday: 9:35 am
- Sunday: 3:00 pm, 3:45 pm

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

- Tuesday: 6:15 pm, 7:00 pm
- Thursday: 6:30 pm
- Saturday: 9:35 am
- Sunday: 3:00 pm, 3:45 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:

- Tuesday: 6:15 pm, 7:00 pm
- Thursday: 7:00 pm
- Saturday: 10:10 am
- Sunday: 3:00 pm, 3:45 pm

### Recreational Swim Team (6-18 years)

This swim team is for beginning to intermediate competitive swimmers to learn and refine the four competitive strokes with turns and starts. This level may compete in YMCA of Greater Omaha Recreational Meets only. Must have completed Swim Strokes Stage 6 or equivalent.

Follows the Spring Session:

Tuesday & Thursday: 4:15 pm

Sunday: 3:45 pm

Member: \$61 • Non member: \$122

### 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:

- Tuesday: 6:15 pm, 7:00 pm
- Thursday: 7:00 pm
- Saturday: 10:10 am
- Sunday: 3:00 pm, 3:45 pm

### Private/Semi-Private Swim Lessons

Private settings to learn to swim where we can focus more 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 long with options of paying by lesson or purchasing a pack of 6. When purchasing a pack of 6, it is buy 5 get 1 free. Classes are set up with the aquatics director and based on your availability, instructor availability and pool space. Private (one-on-one): Member: \$35 • Non member: \$70

## SWIM LESSON PRICING

### 30 minute lessons

Member: \$59

Non member: \$118

### 40 minute lessons

Member: \$61

Non member: \$122

### Aquatic Conditioning

This program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. This class will also work on starts, finishes, and flip turns for competitive swimming. Must have passed Stage 6 to enroll.

Tuesday: 7:00 pm

Tuesday/Thursday: 4:15 pm

Sunday: 3:45 pm

Member: \$61 • Non member: \$122

## AQUATICS CONTACT:

Alexis Unger, Senior Program Director  
712-527-4352 • [aunger@metroymca.org](mailto:aunger@metroymca.org)

## • UPCOMING SESSION •

First Summer Session:

May 5-June 29

Registration opens:

Member: April 15 • Non member: April 19

REGISTRATION OPENS – Members: February 18 • Non members: February 22  
Register at the Mills County YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)