



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TWIN RIVERS 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.

- Saturday: 11:00 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.

- Saturday: 11:30 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: 2:00 pm
- Monday: 5:00 pm
- Tuesday: 5:00 pm
- Saturday: 9:00 am

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

- Sunday: 2:00 pm
- Monday: 5:40 pm
- Thursday: 5:00 pm
- Saturday: 9:00 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: 3:20 pm
- Monday: 6:10 pm
- Tuesday: 6:20 pm
- Saturday: 10:20 am

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

- Sunday: 2:40 pm, 2:50 pm
- Monday: 6:30 pm
- Tuesday: 5:00 pm
- Thursday: 6:40 pm
- Saturday: 9:50 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: 2:00 pm, 2:40 pm
- Monday: 5:30 pm
- Tuesday: 5:40 pm
- Saturday: 9:40 am

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

- Sunday: 2:00 pm
- Monday: 5:40 pm
- Thursday: 5:50 pm
- Saturday: 9:00 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 – Members: February 18 • Non members: February 22  
Register at the Twin Rivers YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)

## SWIM STROKES

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### 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: 4:00 pm
- Monday: 6:40 pm
- Tuesday: 7:00 pm

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

- Sunday: 3:30 pm, 3:40 pm
- Monday: 7:20 pm
- Tuesday: 5:50 pm
- Thursday: 7:30 pm
- Saturday: 10:40 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:

- Monday: 7:20 pm
- Tuesday: 6:40 pm
- Saturday: 11:30 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:

- Monday: 7:20 pm
- Tuesday: 6:40 pm
- Saturday: 11:30 am

## SWIM LESSON PRICING

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### 30 minute lessons

Member: \$59

Non member: \$118

### 40 minute lessons

Member: \$61

Non member: \$122

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### 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 Fish Level, Swim Strokes Stage 6, or equivalent. Follows the Spring session dates.

**Practice 1: Monday & Friday: 5:00 pm**

**Practice 2: Monday & Friday: 5:45 pm**

Member: \$120 • Non member: \$240

### • UPCOMING SESSION •

First Summer Session:

May 5-June 29

Registration opens:

Member: April 15 • Non member: April 19

## AQUATICS CONTACT:

Renee Muhlbauer, Aquatics Director

402-359-9622 • [rmuhlbauer@metroymca.org](mailto:rmuhlbauer@metroymca.org)

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