



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAPLE STREET YMCA SWIM LESSONS & SWIM TEAM

FIRST SUMMER SESSION 2019: May 5–June 29

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.

- Sunday: 4:20 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.

- Sunday: 3:45 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:

- Sunday: 3:45 pm
- Monday: 6:15 pm
- Thursday: 5:45 pm
- Saturday: 10:05 am
- *Summer Morning Lessons: 9:30 am

Ages 6 years & up: 40 minutes:

- Monday: 5:30 pm
- Thursday: 5:45 pm, 7:10 pm
- Saturday: 10:40 am
- *Summer Morning Lessons: 8:45 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: 3:45 pm
- Monday: 6:15 pm, 6:50 pm
- Thursday: 6:25 pm
- Saturday: 10:05 am
- *Summer Morning Lessons: 9:30 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm
- Thursday: 7:00 pm
- Saturday: 10:40 am
- *Summer Morning Lessons: 8:45 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:

- Monday: 6:15 pm
- Thursday: 6:25 pm
- Saturday: 10:05 am
- *Summer Morning Lessons: 9:30 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm
- Monday: 6:50 pm
- Saturday: 9:20 am

SUMMER MORNING LESSONS*:

Held daily Monday–Thursday for 2 weeks

Session 1: June 2–15

Session 2: June 16–29

Session 3: June 30–July 13

Session 4: July 14–27

Session 5: July 28–August 10

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: April 15 • Non members: April 19
Register at the Maple Street 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:

- Sunday: 4:20 pm
- Thursday: 5:45 pm, 6:25 pm
- Saturday: 9:20 am
- *Summer Morning Lessons: 8:45 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm
- Monday: 5:30 pm, 6:50 pm
- Saturday: 9:20 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:

- Thursday: 7:10 pm
- Saturday: 10:40 am

Small Group Lessons

Classes are half the size of regular classes for more one on one instruction.

3-6 years: Wednesday: 6:05-6:35 pm (3 sessions available at the same time)

6-12 years: Wednesday: 6:40-7:20 pm (3 sessions available at the same time)

Member: \$80 • Non member: \$160

No discounts will be given.

Contact Lexi Lucey for more information:
402-393-3700 • alucey@metroymca.org

Adult/Teen Swim Lessons

You can continue to improve your strokes or learn the basics of swimming.

Wednesday: 5:20 pm

Member: \$80 • Non member: \$160

No discounts will be given.

Contact Lexi Lucey for more information:
402-393-3700 • alucey@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 Fish Level, Swim Strokes Stage 6, or equivalent.

Follows the Summer session dates.

Member: \$120/session • Non member: \$240/session

No discounts will be given.

Practice times: Tuesday & Friday 6:30 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:

- Sunday: 4:20 pm
- Monday: 5:30 pm

• UPCOMING SESSION •

Second Summer Session:
June 30–August 24

Registration opens:
Member: June 17 • Non member: June 21

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 2-3 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

Contact Lexi Lucey for more information:

402-393-3700 • alucey@metroymca.org

100 Mile Swim Club

Challenge yourself to swim 100 miles in 2019! Track your miles swam at the Y in the binder on the pool deck. Complete the challenge by December 11, 2019 to receive a t-shirt! Once the challenge is completed, turn your information into the Aquatics staff.

Member: FREE

AQUATICS CONTACT:

Lexi Lucey, Aquatics Director
402-393-3700 • alucey@metroymca.org

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