



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MILLS COUNTY YMCA SWIM LESSONS & SWIM TEAM

## FIRST SUMMER SESSION 2019: May 5–June 29

\*Two week summer morning lessons available; please see below

### 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: 5:30 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.

- Thursday: 5:30 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:

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 am

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

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 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:

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 am

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

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 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:

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 am

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

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 am

### SUMMER MORNING LESSONS\*

Held Monday–Thursday mornings for 2 weeks

Session A: June 4–14 at the YMCA

Session B: June 17–27 at the  
Glenwood Aquatic Center

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: April 15 • Non members: April 19  
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:

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 am

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

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 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: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 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:

- Thursday: 5:30 pm, 6:15 pm
- \*Summer Morning Lessons: 9:30 am, 10:15 am

### 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

### Summer 2019 Swim Team (4-18 years)

Join us for our 3rd season of Summer League Swim Team. Summer Swim League is open to any swimmer able to swim 25 yards unassisted, ages 4 through High School grads! Swim meets are Monday and Wednesday evenings and all day Saturdays. Meets will be at various pools around southwest Iowa, southeast Nebraska and Northwest Missouri.

#### Practices run Monday-Thursday:

**May 28-June 6:** Practice 4:15-5:00 pm at the YMCA

**June 10-27:** Practice 11:15 am-12:00 pm at the Glenwood Aquatic Center

Member: \$85 • Non member: \$100

## AQUATICS CONTACT:

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

## • UPCOMING SESSION •

Second Summer Session:  
June 30-August 24

Registration opens:

Member: June 17 • Non member: June 21

REGISTRATION OPENS - Members: April 15 • Non members: April 19  
Register at the Mills County YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)