



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MILLS COUNTY YMCA SWIM LESSONS & SWIM TEAM

## SECOND SUMMER SESSION 2019: June 30–August 24

\*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 C: July 8–18

Session D: July 22–August 1

Session E: August 5–15

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: June 17 • Non members: June 21  
Register at the Mills County YMCA Welcome Center or online: [metroymca.org](http://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

### Aquatic Conditioning

This is our Recreational Swim Team. Open to swimmers who have successfully completed Stage 6 Swim Lessons or equivalent. Class will be held Monday-Thursday at the Aquatic Center from 11:00-11:45am. A Mock Swim Meet will be held at the Glenwood Aquatic Center on Saturday, August 10, beginning warm-ups at 8:00 am.

#### Practices run Monday-Thursday:

July 15-August 8: 11:00-11:45 am 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 •

First Fall Session:  
September 1-October 26

Registration opens:

Member: August 12 • Non member: August 16

REGISTRATION OPENS – Members: June 17 • Non members: June 21  
Register at the Mills County YMCA Welcome Center or online: [metroymca.org](http://metroymca.org)