



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA SWIM LESSONS & SWIM TEAM

## FIRST FALL SESSION 2019: September 15–October 26\*

\*The first fall session is shortened to 6 weeks due to pool resurfacing & cleaning from August 25–September 9.

### 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: 2:15 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: 2:50 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: 12:30 pm, 1:05 pm
- Tuesday: 6:00 pm, 7:10 pm
- Thursday: 6:00 pm, 7:10 pm
- Saturday: 9:35 am, 10:10 am, 11:20 am

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

- Sunday: 1:15 pm
- Saturday: 9:45 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:

- Sunday: 1:05 pm, 1:40 pm
- Tuesday: 6:00 pm, 7:10 pm
- Thursday: 6:00 pm, 7:10 pm
- Saturday: 10:10 am

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

- Sunday: 12:30 pm, 2:00 pm
- Thursday: 6:00 pm
- Saturday: 9:00 am, 10:30 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: 12:30 pm, 1:40 pm, 2:15 pm
- Tuesday: 6:35 pm
- Thursday: 6:35 pm
- Saturday: 10:45 am

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

- Sunday: 1:15 pm, 2:00 pm
- Tuesday: 6:45 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: August 12 • Non members: August 16  
Register at the Armbrust 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:

- Sunday: 2:50 pm
- Tuesday: 6:35 pm
- Thursday: 6:35 pm
- Saturday: 9:00 am

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

- Sunday: 2:45 pm
- Tuesday: 6:00 pm
- Thursday: 7:30 pm
- Saturday: 11:20 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:

- Sunday: 12:30 pm
- Tuesday: 7:30 pm
- Saturday: 9:45 am

### Small Group Swim Lessons

These classes are designed for more individualized instruction with lower class to instructor ratio. Maximum of 3 kids to one instructor.

#### Ages 3–5 years: Monday

Stage 2: 6:00–6:30 pm  
Stage 3: 6:35–7:05 pm  
Stages 4: 7:10–7:40 pm

#### Ages 6 & up: Monday

Stage 4: 6:00–6:30 pm  
Stage 5: 6:35–7:05 pm  
Stages 3: 7:10–7:40 pm

Member: \$60 • Non member: \$120

Contact Ashley Ostendorf for more information:  
402-896-4200 • aostendorf@metroymca.org

### Private/Semi Private Swim Lessons (all ages)

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.

Member: \$35/lesson • Non member: \$70/lesson

### 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: 2:45 pm
- Thursday: 6:45 pm
- Saturday: 10:30 am

### SNAPY (13–18 years)

Program for youth ages 3–18 who have a physical or mental disability. We will be providing a fun and safe environment for participants to meet new friends and learn basic water safety skills. One child per instructor.

Monday: 6:00 pm, 6:35 pm, 7:10 pm

Member: \$60 • Non member: \$120

## SWIM LESSON PRICING\*

\*Prorated for the First Fall Session due to the pool cleaning/resurfacing & shortened schedule.

### 30 minute lessons

Member: \$44.25

Non member: \$88.50

### 40 minute lessons

Member: \$45.75

Non member: \$91.50

### 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 First Fall session dates.

Member: \$90/session • Non member: \$180240/session

Practice times:

Beginner: Monday & Wednesday: 5:00–5:45 pm

Intermediate: Monday & Wednesday: 6:00–6:45 pm or

Tuesday & Thursday: 5:00–5:45 pm

Advanced: Tuesday & Thursday: 6:00–6:45 pm

### • UPCOMING SESSION •

Second Fall Session:  
October 27–December 21

Registration opens:

Member: October 14 • Non member: October 18

## AQUATICS CONTACT:

Ashley Ostendorf, Aquatics Director  
aostendorf@metroymca.org  
402-896-4200

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