



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA SWIM LESSONS

**FIRST FALL SESSION 2019: September 1–October 26**

## 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: 9:00 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: 9:00 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:

- Tuesday: 5:30 pm
- Thursday: 5:30 pm
- Saturday: 9:00 am

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

- Tuesday: 6:40 pm
- Thursday: 6:40 pm
- Saturday: 9:35 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:

- Tuesday: 6:05 pm
- Saturday: 9:35 am

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

- Tuesday: 5:30 pm
- Thursday: 5:30 pm
- Saturday: 10:20 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:

- Tuesday: 5:30 pm
- Thursday: 5:30 pm
- Saturday: 9:00 am

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

- Tuesday: 6:40 pm
- Thursday: 6:40 pm
- Saturday: 9:35 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 Downtown 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:

- Saturday: 10:10 am

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

- Tuesday: 6:15 pm
- Thursday: 6:05 pm
- Saturday: 10:20 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: 6:15 pm
- Saturday: 11:20 am

### 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

### Adult Swim Lessons

At this level you will continue to improve your strokes or learn the basics of swimming.

Saturday: 10:45-11:25 am

Member: \$61 • Non member: \$122

### 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: 6:40 pm
- Saturday: 11:05 am

### • UPCOMING SESSION •

Second Fall Session:  
October 27-December 21

Registration opens:

Member: October 14 • Non member: October 18

## SWIM LESSON PRICING

### 30 minute lessons

Member: \$59

Non member: \$118

### 40 minute lessons

Member: \$61

Non member: \$122

### 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

### 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 Swim Strokes Stage 6, or equivalent.

Follows the Fall session dates.

Tuesday & Thursday: 7:00-7:45 pm

Member: \$122 • Non member: \$240

## AQUATICS CONTACT:

Kayleigh Hegarty, Aquatics Director  
khegarty@metroymca.org • 402-977-4317

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