



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MILLS COUNTY YMCA SWIM LESSONS & SWIM TEAM

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

Classes offered Tuesday & Thursday evenings, Saturday mornings and Sunday afternoons.

### 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: 3:00 pm
- Tuesday: 6:30 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.

- Sunday: 3:00 pm
- Tuesday: 6:30 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:

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 6:30 pm
- Saturday: 9:00 am

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

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 6:30 pm
- Saturday: 9:00 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: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 6:30 pm
- Saturday: 9:35 am

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

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 6:30 pm
- Saturday: 9:35 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: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 6:30 pm
- Saturday: 9:00 am

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

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 6:30 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 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:

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 6:30 pm
- Saturday: 10:10 am

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

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 7:05 pm
- Saturday: 10:10 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: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 7:05 pm
- Saturday: 10:45 am

### Aquatic Conditioning

This is our Recreational Swim Team. Open to swimmers who have successfully completed Stage 6 Swim Lessons or equivalent.

#### Tuesday & Thursday: 4:00–4:45 pm

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:

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 5:45 pm, 6:30 pm
- Thursday: 7:05 pm
- Saturday: 10:45 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

Small Group (6–8 lessons): Member: \$80 • Non member: \$160

## SWIM LESSON PRICING

### 30 minute lessons

Member: \$59

Non member: \$118

### 40 minute lessons

Member: \$61

Non member: \$122

## AQUATICS CONTACT:

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

## • UPCOMING SESSION •

Second Fall Session:  
October 27–December 21

Registration opens:

Member: October 14 • Non member: October 18

REGISTRATION OPENS – Members: August 12 • Non members: August 16  
Register at the Mills County YMCA Welcome Center or online: [metroymca.org](http://metroymca.org)