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:
• Tuesday: 5:30 pm
• Thursday: 6:05 pm
• Saturday: 9:00 am
Ages 6 years & up: 40 minutes:
• Tuesday: 6:40 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:
• Tuesday: 5:30 pm
• Thursday: 6:05 pm
• Saturday: 9:00 am
Ages 6 years & up: 40 minutes:
• Tuesday: 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: 10:20 am
Ages 6 years & up: 40 minutes:
• Tuesday: 5:30 pm
• Thursday: 6:40 pm
• Saturday: 10:20 am

Unsure about which stage your child is ready for? Visit our website to view our lesson selector chart: www.metroymca.org/lesson-selector or visit the Welcome Center.
**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: 10:55 am

**Ages 6 years & up: 40 minutes:**
- Tuesday: 6:15 pm
- Thursday: 7:00 pm
- Saturday: 9:35 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: 11:05 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: 6:15 pm
- Saturday: 11:05 am

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### SWIM LESSON PRICING

<table>
<thead>
<tr>
<th>Duration</th>
<th>Member Price</th>
<th>Non member Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 minute</td>
<td>$60</td>
<td>$110</td>
</tr>
<tr>
<td>40 minute</td>
<td>$60</td>
<td>$110</td>
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### 100 Mile Swim Club
Challenge yourself to swim 100 miles in 2020! Track your miles swam at the Y in the binder on the pool deck. Complete the challenge by December 31, 2020 to receive a t-shirt! Once the challenge is completed, turn your information into the Aquatics staff.

**Member:** FREE

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### 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.

**Tuesday & Thursday:** 7:00–8:00 pm
**Member:** $70/month • **Non member:** $126/month

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### AQUATICS CONTACT:
Kayleigh Hegarty, Aquatics Director
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