



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAPLE STREET YMCA SWIM LESSONS

SPRING SESSION 2020: March 29–May 9

Float 4 Life

The Float 4 Life (F4L) program is designed to help promote survival skills for infant and toddlers. One-on-one 15 minute class for individuals ages 6 months to 3 years of age. In this class, the primary goal for participants is to be able to jump into the pool and recover to a back float and get to the wall.

By appointment only. Please contact the Aquatics Director.

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.

None for this session.

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: 3:45 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: 3:45 pm
- Monday: 6:15 pm
- Thursday: 5:50 pm
- Saturday: 10:05 am

Ages 6 years & up: 40 minutes:

- Monday: 6:50 pm
- Saturday: 10:40 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: 4:20 pm
- Monday: 6:15 pm
- Thursday: 6:25 pm
- Saturday: 10:05 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm
- Monday: 6:50 pm
- Saturday: 9:20 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:

- Sunday: 3:45 pm
- Monday: 6:15 pm
- Thursday: 6:25 pm
- Saturday: 10:05 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm
- Saturday: 9:20 am, 10:40 am

Unsure about which stage your child is ready for? Visit our website to view our lesson selector chart:

metroymca.org/lesson-selector
or visit the Welcome Center.

REGISTRATION OPENS – Members: March 16 • Non members: March 20
Register at the Maple Street YMCA Welcome Center or online: 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: 4:20 pm
- Thursday: 5:50 pm

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm
- Monday: 5:30 pm
- Saturday: 9:20 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:

- Monday: 5:30 pm
- Saturday: 10:40 am

Adult/Teen Swim Lessons

You can continue to improve your strokes or learn the basics of swimming.

Monday: 6:50 pm

Member: \$60 • Non member: \$110

No discounts will be given.

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

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: 4:20 pm
- Monday: 5:30 pm

• UPCOMING SESSION •

First Summer Session 2020:
May 17-June 21

Registration opens:

Member: May 4 • Non member: May 8

SWIM LESSON PRICING

30 minute lessons

Member: \$60

Non member: \$110

40 minute lessons

Member: \$60

Non member: \$110

Private Lessons

Private lessons: they are 6 lessons each for 30 minutes in length. For the private lessons are tailored to the needs of the participant. Private lessons are available in two different options:

Semi Private: two participants to one instructor class.

This is great for siblings, family or friends. Must have two participants to register.

Sunday: 5:00-5:30 pm

Thursday: 7:00-7:30 pm

Saturday: 11:25-11:55 am

Member: \$100/Participant • Non member: \$200/Participant

Private is a one-on-one ratio.

Sunday: 5:00-5:30 pm

Thursday: 7:00-7:30 pm

Saturday: 11:25-11:55 am (2 classes available)

Member: \$175 • Non member: \$325

STATEMENT OF UNDERSTANDING: All private lessons are 30 minutes in length and will be provided at the Maple YMCA indoor pool. We will reschedule ONE canceled lesson per session with a 24 hour advanced notice. Same day cancellations will not be refunded or rescheduled.

Class Cancellation Policy:

The YMCA of Greater Omaha will guarantee 5 lessons per session. If your lesson falls on a holiday, we will not prorate the session. If an additional class is cancelled, we will provide a makeup option which may be on a different day than lessons are normally scheduled during the session. If your child does not attend a class we are not able to accommodate a makeup option.

AQUATICS CONTACT:

Jasmin Samano, Aquatics Director

402-393-3700 • jsamano@metroymca.org

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