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

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
• Monday: 6:50 pm
• Saturday: 9:20 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

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

**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

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**UPCOMING SESSION**
First Summer Session 2020:
May 17-June 21
Registration opens:
Member: May 4  •  Non member: May 8

**SWIM LESSON PRICING**

<table>
<thead>
<tr>
<th>30 minute lessons</th>
<th>40 minute lessons</th>
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<tbody>
<tr>
<td>Member: $60</td>
<td>Member: $60</td>
</tr>
<tr>
<td>Non member: $110</td>
<td>Non member: $110</td>
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**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

**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.

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**AQUATICS CONTACT:**
Jasmin Samano, Aquatics Director
402-393-3700 • jsamano@metroymca.org

**REGISTRATION OPENS**  
Members: March 16  •  Non members: March 20
Register at the Maple Street YMCA Welcome Center or online: metroymca.org