



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MILLS COUNTY YMCA SWIM LESSONS

SPRING SESSION 2020: March 29–May 9

Classes offered Sunday afternoon, Tuesday evening, Tuesday & Thursday (2 times a week) evening, Thursday evening & Saturday morning

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: 6:30 pm
- *Tuesday & Thursday: 4:00 pm
- Thursday: 6:30 pm
- Saturday: 9:15 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 6:30 pm
- *Tuesday & Thursday: 4:00 pm
- Thursday: 6:30 pm
- Saturday: 9:15 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: 6:30 pm
- *Tuesday & Thursday: 4:00 pm
- Thursday: 6:30 pm
- Saturday: 9:15 am

2/Water Movement cont...

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 6:30 pm
- *Tuesday & Thursday: 4:00 pm
- Thursday: 6:30 pm
- Saturday: 9:15 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: 6:30 pm
- *Tuesday & Thursday: 4:00 pm
- Thursday: 6:30 pm
- Saturday: 9:45 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 6:30 pm
- *Tuesday & Thursday: 4:00 pm
- Thursday: 6:30 pm
- Saturday: 9:45 am

*TUESDAY & THURSDAY CLASSES:

Held 2 times per week for 3 weeks.
Session 1: March 31–April 16

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.

REGISTRATION OPENS – Members: March 16 • Non members: March 20
Register at the Mills County 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: 3:00 pm, 3:45 pm
- Tuesday: 6:30 pm, 7:00 pm
- *Tuesday & Thursday: 4:30 pm
- Thursday: 6:30 pm
- Saturday: 10:15 am

Ages 6 years & up: 40 minutes:

- Sunday: 3:00 pm, 3:45 pm
- Tuesday: 6:30 pm, 7:00 pm
- *Tuesday & Thursday: 4:30 pm
- Thursday: 7:00 pm
- Saturday: 10:15 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: 6:30 pm, 7:00 pm
- Tuesday & Thursday: 4:30 pm
- Thursday: 6:30 pm
- Saturday: 10:45 am

Aquatic Conditioning

Focuses on the continuing stroke mechanics along with adding endurance training. Swimmers in this class will work on the four competitive swim strokes (front crawl, back crawl, breast stroke and butterfly). Swimmers will have the opportunity to participate in YMCA of Greater Omaha recreational swim meets. This class meets twice a week for one hour.

Monday & Thursday: 4:00-5:00 pm

Member: \$70/month • Non member: \$126/month

Endurance Conditioning

Focuses on building endurance. Several swim team style drills are introduced in this class. Swimmers in this class will work on the four competitive swim strokes (front crawl, back crawl, breast stroke and butterfly). Swimmers will have the opportunity to participate in YMCA of Greater Omaha recreational swim meets. This class meets twice a week for one hour.

Monday & Thursday: 4:00-5:00 pm

Member: \$70/month • Non member: \$126/month

AQUATICS CONTACT:

Alexis Unger, Senior Program Director
712-527-4352 • aunger@metroymca.org

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: 6:30 pm, 7:00 pm
- *Tuesday & Thursday: 4:30 pm
- Thursday: 7:00 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: \$65

6 pack: Member: \$175 • Non member: \$300

Small Group (6-8 lessons): Member: \$80 • Non member: \$144

SWIM LESSON PRICING

30 minute lessons

Member: \$60

Non member: \$110

40 minute lessons

Member: \$60

Non member: \$110

Recreational Swim Team

After completion of Stage 6 swim lessons or participation in Aquatic Conditioning or Endurance Conditioning, swimmers will be eligible to participate on the recreational swim team. This group will continue to build endurance, incorporate racing starts & finishes, along with beginning to race. Swimmers will have the opportunity to participate in YMCA of Greater Omaha recreational swim meets. This class meets twice a week for one hour. Registration fees are charged monthly.

Monday & Thursday: 4:00-5:00 pm

Member: \$70/month • Non member: \$126/month

FASST - Future Aquatic Safety Swim Trainers

This program is for youth currently in grades 6th-9th who would like to be future lifeguards, swim instructors or swim coaches. This program will meet once per week between the classroom and pool and will focus what it takes to begin a career in aquatics. Participants will be introduced to leadership techniques, Jr. Lifeguard program, YMCA Swim Lessons V6 program, and our recreational swim team program.

Tuesday: 3:45-5:30 pm

Member: \$50

• UPCOMING SESSION •

First Summer Session 2020:
May 17-June 21

Registration opens:
Member: May 4 • Non member: May 8

REGISTRATION OPENS - Members: March 16 • Non members: March 20
Register at the Mills County YMCA Welcome Center or online: metroymca.org