



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SARPY YMCA SWIM LESSONS

## SPRING SESSION 2020: March 29–May 9

### 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.

No classes in the Second Winter 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.

- Tuesday: 5:25 pm
- Saturday: 9:10 am, 9:45 am

### 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: 3:10 pm, 4:30 pm
- Tuesday: 5:25 pm, 6:00 pm
- Thursday: 5:25 pm
- Saturday: 9:10 am

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

- Thursday: 6:35 pm

#### 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: 4:30 pm
- Tuesday: 5:25 pm
- Thursday: 5:25 pm, 6:00 pm, 6:35 pm
- Saturday: 9:10 am, 9:45 am, 10:30 am

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

- Sunday: 3:45 pm
- Tuesday: 6:00 pm
- Saturday: 9:45 am, 10:20 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: 3:10 pm, 3:55 pm
- Tuesday: 6:45 pm
- Thursday: 5:25 pm, 6:00 pm
- Saturday: 9:10 am

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

- Sunday: 4:30 pm
- Tuesday: 6:00 pm, 6:35 pm
- Thursday: 6:00 pm, 6:45 pm
- Saturday: 9:45 am, 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](http://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: 9:10 am

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

- Sunday: 3:10 pm, 3:45 pm, 3:55 pm
- Tuesday: 6:45 pm
- Saturday: 10:30 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: 4:40 pm
- Saturday: 9:45 am, 10:30 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: 3:10 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

### Swim Conditioning

Swim Conditioning program will adapt to each swimmers needs and provide feedback and tools for stroke refinement and build their endurance.

**Tuesday: 4:45 pm:** Swim Conditioning 1 will be 35 minutes long.

Member: \$54 • Non member: \$80

**Saturday: 11:15 am:** Swim Conditioning 2 will be 45 minutes long.

Member: \$80 • Non member: \$120

### Private/Semi Private Lessons

Private setting to learn to swim where we focus more so 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 with options of paying by lesson or purchasing a 6 pack where you would receive 6 lessons for the price of 5. Classes are set up with the aquatic director and based on your availability, instructor availability and pool space.

#### Private Lessons: 30 minute lesson

Member: \$35/lesson • Non member: \$70/lesson

#### Semi Private Lessons (for 2-3 people): 30 minute lesson

Member: \$20/lesson/child • Non member: \$40/lesson/child

### Private Lessons

They are 6 lessons each for 30 minutes in length. Private lessons are tailored to the needs of the participant. Privates are available in two different options: Semi Privates, a two participants to one instructor class. This is great for siblings, family or friends. Must have two participants to register.

#### Semi-Private Lessons: 6, 30 minute lessons

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

#### Private Lessons: 6, 30 minute lesson (one-to-one ratio)

Member: \$175 • Non member: \$325

Sunday: 2:30-3:00 pm, 5:15-5:45 pm

Tuesday: 4:45-5:20 pm

Thursday: 4:45-5:20 pm

Saturday: 11:15-11:45 am, 12:00-12:30 pm

**STATEMENT OF UNDERSTANDING:** All private lessons are 30 minutes in length and will be provided at the SARPY 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 canceled, 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:

Jessica Rivera, Aquatics Director  
402-339-9861 • [jrivera@metroymca.org](mailto:jrivera@metroymca.org)

REGISTRATION OPENS – Member: March 16 • Non member: March 20  
Register at the Sarpy YMCA Welcome Center or online: [metroymca.org](http://metroymca.org)