



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA SWIM LESSONS

SPRING SESSION 2020: March 29–May 9

SWIM STARTERS

A/Water Discovery (ages 6 months–3 years)

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
- Saturday: 9:35 am

B/Water Exploration (ages 6 months–3 years)

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
- Saturday: 9:35 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: 3:30 pm
- Monday: 6:05 pm
- Thursday: 5:30 pm
- Saturday: 9:00 am

Ages 6 years & up: 40 minutes:

- Sunday: 4:05 pm
- Wednesday: 6:30 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: 3:30 pm
- Monday: 6:05 pm
- Wednesday: 5:30 pm
- Thursday: 6:40 pm
- Saturday: 9:00 am

Ages 6 years & up: 40 minutes:

- Sunday: 4:05 pm
- Monday: 6:40 pm
- Wednesday: 6:30 pm
- Saturday: 10:10 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: 4:50 pm
- Monday: 5:30 pm
- Wednesday: 6:00 pm
- Thursday: 6:00 pm
- Saturday: 9:35 am

Ages 6 years & up: 40 minutes:

- Sunday: 4:50 pm
- Monday: 7:00 pm
- Wednesday: 6:50 pm
- Saturday: 10:30 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.

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:

- Monday: 5:30 pm
- Thursday: 6:00 pm
- Saturday: 9:35 am

Ages 6 years & up: 40 minutes:

- Sunday: 5:00 pm
- Monday: 5:30 pm
- Wednesday: 5:30 pm
- Saturday: 9:00 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: 4:15 pm
- Monday: 6:15 pm
- Wednesday: 6:10 pm
- Saturday: 9:45 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: 3:30 pm
- Monday: 6:15 pm
- Wednesday: 6:10 pm
- Saturday: 9:45 am

• 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

YMCA Recreational Swim Team (8–18 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.

All Ages: Monday & Wednesday: 7:00–7:45 pm

Ages 9 years & under: Tuesday & Thursday: 6:00–6:45 pm

Ages 10+ years: Tuesday & Thursday: 6:50–7:30 pm

Member: \$70/month • Non member: \$125/month

Adult Swim Lessons

At this level you will continue to improve your strokes or learn the basics of swimming.

Saturday: 10:10–10:50 am

Member: \$60 • Non member: \$110

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.

6 week session: March 29–May 9

Private Lessons: 30 minute lesson 6 pack

Member: \$175 • Non member: \$350

Semi Private Lessons (for 2–3 people): 30 minute lesson 6 pack

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

AQUATICS CONTACT:

Rachel Lowe • Senior Aquatics Director
402-334-8487 • rlope@metroymca.org

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