



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TWIN RIVERS YMCA SWIM LESSONS & SWIM TEAM

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.

- Saturday: 11:30 am

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.

- Saturday: 11:00 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: 2:00 pm
- Monday: 5:00 pm
- Thursday: 5:00 pm
- Saturday: 9:00 am

Ages 6 years & up: 40 minutes:

- Sunday: 2:00 pm
- Saturday: 9:00 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: 3:20 pm
- Monday: 7:00 pm
- Thursday: 6:20 pm
- Saturday: 10:20 am

Ages 6 years & up: 40 minutes:

- Sunday: 2:50 pm
- Monday: 5:50 pm
- Thursday: 5:50 pm
- Saturday: 9:50 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: 2:40 pm
- Monday: 5:40 pm
- Thursday: 5:40 pm
- Saturday: 9:40 am

Ages 6 years & up: 40 minutes:

- Sunday: 2:00 pm
- Thursday: 5:00 pm
- Saturday: 9:00 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 Twin Rivers 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: 4:00 pm
- Monday: 6:20 pm
- Thursday: 7:00 pm

Ages 6 years & up: 40 minutes:

- Sunday: 3:40 pm
- Monday: 5:00 pm
- Thursday: 5:00 pm
- Saturday: 10:40 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: 5:50 pm
- Thursday: 5:50 pm, 6:40 pm
- Saturday: 11:30 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:

- Monday: 5:00 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

YMCA Recreational Swim Team (6-18 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 Fish Level, Swim Strokes Stage 6, or equivalent.

Beginning: Monday & Friday: 5:40 pm

Intermediate (by permission only): Monday & Friday: 6:40 pm

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

AQUATICS CONTACT:

Renee Muhlbauer, Aquatics Director
402-359-9622 • rmuhlbauer@metroymca.org

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