For the safety of our participants and our instructors, please note the following updates for classes:

- All lessons will be 30 minutes in length to allow for time to clean & disinfect before the next class.
- One parent/guardian is allowed on the pool deck during class. When observing lessons, we encourage you to wear a mask and practice social distancing while in the pool area.
- Please clear the pool deck after class is completed to allow for the staff to clean.

**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.

*Tuesday, Wednesday and Thursdays*
• 9:00 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.

*Tuesday, Wednesday and Thursdays*
• 9:00 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.

*Tuesday, Wednesday and Thursdays*

- Ages 3 – 5 years:
  • 9:00 am
- Ages 6 years & up:
  • 10:30 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. Class duration: 30 minutes.

*Tuesday, Wednesday and Thursdays*

- Ages 3 – 5 years:
  • 9:45 am
- Ages 6 years & up:
  • 10:30 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. Class duration: 30 minutes.

*Tuesday, Wednesday and Thursdays*

- Ages 3 – 5 years:
  • 9:45 am
- Ages 6 years & up:
  • 10:30 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.

REGISTRATION OPENS – Members: July 13 • Non members: July 17
Register at the Charles E. Lakin 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. Class duration: 30 minutes.

Tuesday, Wednesday and Thursdays
Ages 3 – 5 years:
• 9:45 am
Ages 6 years & up:
• 11:15 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. Class duration: 30 minutes.

Tuesday, Wednesday and Thursdays
Ages 6 years & up:
• 11:15 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. Class duration: 30 minutes.

Tuesday, Wednesday and Thursdays
Ages 6 years & up:
• 11:15 am

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

Private Lessons: 30 minute lesson 6 pack
Member: $175  •  Non member: $350

Semi Private Lessons (for 2 people): 30 minute lesson
Member: $20/lesson/child  •  Non member: $40/lesson/child

Semi Private Lessons (for 2 people): 30 minute lesson 6 pack
Member: $100/child  •  Non member: $200/child

Contact Megan Warneke for more information:
712-322-6606  •  mwarneke@metroymca.org

SWIM LESSON PRICING

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<th>Preschool Age</th>
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REGISTRATION OPENS - Members: July 13  •  Non members: July 17
Register at the Charles E. Lakin YMCA Welcome Center or online: metroymca.org

AQUATICS CONTACT:
Megan Warneke, Aquatics Director
712-322-6606  •  mwarneke@metroymca.org

- UPCOMING SESSION -
Third Summer Session 2020: August 16–September 26
Registration opens:
Member: August 3  •  Non member: August 7