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.
- **Saturday:** 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.
- **Saturday:** 9:40 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.

**Ages 3 – 5 years:**
- **Sunday:** 12:30 pm, 1:50 pm, 2:30 pm
- **Monday:** 5:00 pm, 6:20 pm, 7:00 pm
- **Tuesday:** 5:00 pm, 6:20 pm, 7:00 pm
- **Thursday:** 5:00 pm, 6:20 pm, 7:00 pm
- **Saturday:** 10:20 am, 11:00 am

**Ages 6 years & up:**
- **Sunday:** 1:50 pm
- **Monday:** 6:20 pm
- **Tuesday:** 6:20 pm
- **Thursday:** 6:20 pm
- **Saturday:** 10:20 am

**2/Water Movement cont...**

**Ages 6 years & up:**
- **Sunday:** 12:30 pm, 2:30 pm, 3:10 pm
- **Monday:** 5:00 pm, 7:00 pm, 7:40 pm
- **Tuesday:** 5:00 pm, 7:00 pm, 7:40 pm
- **Thursday:** 5:00 pm, 7:00 pm, 7:40 pm
- **Saturday:** 9:00 am, 11:00 am, 11:40 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.

**Ages 3 – 5 years:**
- **Sunday:** 12:30 pm, 1:10 pm, 1:50 pm, 3:10 pm
- **Monday:** 5:00 pm, 5:40 pm, 6:20 pm, 7:40 pm
- **Tuesday:** 5:00 pm, 5:40 pm, 6:20 pm, 7:40 pm
- **Thursday:** 5:00 pm, 5:40 pm, 6:20 pm, 7:40 pm
- **Saturday:** 9:00 am, 9:40 am, 10:20 am, 11:40 am

**Ages 6 years & up:**
- **Sunday:** 12:30 pm, 2:30 pm, 3:10 pm
- **Monday:** 5:00 pm, 7:00 pm, 7:40 pm
- **Tuesday:** 5:00 pm, 7:00 pm, 7:40 pm
- **Thursday:** 5:00 pm, 7:00 pm, 7:40 pm
- **Saturday:** 9:00 am, 11:00 am, 11:40 am

**REGISTRATION OPENS**
- **Members:** August 3
- **Non members:** August 7

Register at the Armbrust 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.

Ages 3 – 5 years:
• Sunday: 1:10 pm, 2:30 pm, 3:10 pm
• Monday: 5:40 pm, 7:00 pm, 7:40 pm
• Tuesday: 5:40 pm, 7:00 pm, 7:40 pm
• Thursday: 5:40 pm, 7:00 pm, 7:40 pm
• Saturday: 9:40 am, 11:00 am, 11:40 am

Ages 6 years & up:
• Sunday: 12:30 pm, 1:10 pm, 1:50 pm
• Monday: 5:00 pm, 5:40 pm, 6:20 pm
• Tuesday: 5:00 pm, 5:40 pm, 6:20 pm
• Thursday: 5:00 pm, 5:40 pm, 6:20 pm
• Saturday: 9:00 am, 9:40 am, 10:20 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.

Ages 6 years & up:
• Sunday: 1:10 pm, 2:30 pm
• Monday: 5:40 pm, 7:00 pm
• Tuesday: 5:40 pm, 7:00 pm
• Thursday: 5:40 pm, 7:00 pm
• Saturday: 9:40 am, 11:00 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.

Ages 6 years & up:
• Sunday: 1:50 pm, 3:10 pm
• Monday: 6:20 pm
• Tuesday: 6:20 pm
• Thursday: 6:20 pm
• Saturday: 10:20 am

Private/Semi Private Swim Lessons (all ages)
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.

Member: $35/lesson  •  Non member: $65/lesson

SWIM LESSON PRICING

<table>
<thead>
<tr>
<th>Preschool Age</th>
<th>School Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member: $60</td>
<td>Member: $60</td>
</tr>
<tr>
<td>Non member: $110</td>
<td>Non member: $110</td>
</tr>
</tbody>
</table>

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: August 3 • Non members: August 7
Register at the Armbrust YMCA Welcome Center or online: metroymca.org

• UPCOMING SESSION •
First Fall Session 2020:
September 27–November 7
Registration opens:
Member: September 14  •  Non member: September 18

AQUATICS CONTACT:
Ashley Ostendorf, Aquatics Director
aostendorf@metroymca.org
402-896-4200