SUMMER SESSION 2020: August 16–September 26

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: 10:15 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: 10:15 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:
• Thursday: 5:15 pm
Ages 6 years & up:
• Thursday: 6:15 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. Class duration: 30 minutes.
Ages 3 – 5 years:
• Thursday: 5:15 pm
Ages 6 years & up:
• Thursday: 6:15 pm

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:
None
Ages 6 years & up:
• Saturday: 8:15 am

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 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.

Ages 3 – 5 years:
None

Ages 6 years & up:
• Saturday: 9:15 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.

Ages 6 years & up:
• Thursday: 7:15 pm

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:
• Thursday: 7:45 pm

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

SWIM LESSON PRICING

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

AQUATICS CONTACT:
Andrea Morton, Aquatics Director
402-977-4317 • amorton@metroymca.org

REGISTRATION OPENS – Members: August 3 • Non members: August 7
Register at the Charles E. Lakin YMCA Welcome Center or online: metroymca.org