MAPLE STREET YMCA
SWIM LESSONS

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.
• None

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.
• None

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:
• None

Ages 6 years & up:
• Saturday: 9:30 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.

Ages 3 – 5 years:
• None

Ages 6 years & up:
• Saturday: 10:15 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:
• None

Ages 6 years & up:
• Saturday: 11:00 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 Maple Street 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:**
- Thursday: 5:00 pm

**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: 5:45 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: 6:30 pm

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**Private Lessons**
Private lessons: they are 6 lessons each for 30 minutes in length. For the private lessons are tailored to the needs of the participant. Private lessons are available in two different options:

**Semi Private: two participants to one instructor class.**
This is great for siblings, family or friends. Must have two participants to register.

By appointment only.

Member: $100/Participant  •  Non member: $200/Participant

**Private is a one-on-one ratio.**
By appointment only.

Member: $175  •  Non member: $325

**STATEMENT OF UNDERSTANDING:** All private lessons are 30 minutes in length and will be provided at the Maple YMCA indoor pool. We will reschedule ONE canceled lesson per session with a 24 hour advanced notice. Same day cancellations will not be refunded or rescheduled.

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

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**SWIM LESSON PRICING**

<table>
<thead>
<tr>
<th>AGE</th>
<th>Member</th>
<th>Non member</th>
</tr>
</thead>
<tbody>
<tr>
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<td>$110</td>
</tr>
<tr>
<td>School Age</td>
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</tbody>
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**AQUATICS CONTACT:**
Jasmin Samano, Aquatics Director
402-393-3700 • jsamano@metroymca.org

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**REGISTRATION OPENS**
- Members: August 3  •  Non members: August 7
Register at the Maple Street YMCA Welcome Center or online: metroymca.org