



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS: FALL SESSION 1

September 11th-October 21st 2023

Registration Opens:

Members: Monday, August 28th

General Public: Thursday, August 31st

(No class Monday 10/9 for Indigenous Peoples' Day)



PARENT & CHILD LESSONS (ratio 1:10)

Fee: 6 weeks Member \$90 Public \$120

(Monday 5 weeks \$75/\$100)

WATER DISCOVERY/ACCLIMATION

for children 6months-3years

Introduces parents, infants & toddlers to the aquatic environment through exploration & encourages them to enjoy while learning about the water. Together learn to develop comfort and safety in and around the water. Lays the foundation that allows for student's future progress in swimming.

Monday: 9:30-10:00am

Wednesday: 9:30-10:00am

Friday: 9:30am-10:00am

Saturday: 9:00-9:30am

PRESCHOOL/KINDERGARTEN

(ratio 1:5) *For children ages 3-6*

Fee: 6 weeks: \$90/\$120 (Monday 5 weeks \$75/\$100)

1 WATER ACCLIMATION Students develop comfort with underwater exploration. Lays the foundation that allows for student's future progress.

Monday 3:30-4:00pm **Tuesday** 4:05-4:35pm

Wednesday 4:50-5:20pm **Thursday** 5:15-5:45pm

Saturday 9:30-10:00am

2 WATER MOVEMENT Focus on body position & control, directional change, & forward movement while also continuing water safety education.

Monday 4:40-5:10pm **Tuesday** 3:30-4:00pm

Wednesday 4:35-5:05pm **Thursday** 4:05-4:35pm

Saturday 10:05-10:35am

3 WATER STAMINA Learn how to swim safely for a longer distance. Introduces rhythmic breathing & integrated arm and leg action.

Monday 4:05-4:35pm **Tuesday** 4:40-5:10pm

Wednesday 5:10-5:40pm **Thursday** 4:40-5:10pm

Saturday 10:40-11:10am

4 STROKE INTRODUCTION Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.

Monday 4:50-5:20pm **Tuesday** 4:50-5:20pm

Wednesday 4:00-4:30pm **Thursday** 3:30-4:00pm

Online Sign Up Strongly Encouraged

Please go to ymcamv.org/swim-lessons to register.

Instructions included on website. Thank you!

SCHOOL AGE

45 minute class; ages 6-12

Fee: 6 weeks members \$90 Public \$120

(Monday 5 weeks \$75/\$100)

2/3

WATER MOVEMENT & STAMINA

(ratio 1:6) Focus on body position & control, directional change & forward movement while also continuing water safety education. Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.

Monday 3:15-4:00pm

Wednesday 4:00-4:45pm

Thursday 4:55-5:40pm

4 STROKE INTRODUCTION (ratio 1:6)

Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick.

Water safety is reinforced through treading water & elementary backstroke. Instructor will teach from deck as much as possible.

Monday 4:00-4:45pm

Wednesday 3:15-4:00pm

Thursday 3:15-4:00pm

5 STROKE DEVELOPMENT (ratio 1:7)

Work on stroke technique & learn all major competitive strokes. The emphasis on water safety continues through treading water & sidestroke. Instructor will teach from deck as much as possible.

Tuesday 3:15-4:00pm **Thursday** 4:05-4:50pm

OR JOIN MAKOS SWIM TEAM!

6 STROKE MECHANICS (ratio 1:9)

Refine stroke technique on all major competitive strokes, learn about competitive swimming & discover how to incorporate swimming into a healthy lifestyle.

Tuesday 4:00-4:45pm

OR JOIN MAKOS SWIM TEAM!



MAKOS SWIM TEAM

FALL 23'

Fall session registration:

Starts 8/28 & ongoing for both members and general public.

Join anytime during the season.

*Prorated pricing after the first week.

Full Season:

9/11/23-11/16/23



Open to Swimmers ages 6-18

The Y's year-round competitive swim club for all youth. The MAKOS team offers vigorous, high energy work-outs, and technique focused swims instruction with personalized challenging intervals. The team competes in some mock and real meets throughout the year.

The MAKOS are broken into two different work-out groups, Bronze/Silver, and Gold, designed for the advancement of each swimmer. See website for level descriptions and minimum requirements.

Practices Days:

Monday, Tuesday, Wednesday, and Thursday

Practice Times:

Gold (Advanced swimmers): 3:15-4:45pm

Bronze/Silver (beginner/intermediate): 4:45-6:00pm

Swimmers can choose to swim 1-4 practice times a week, but at least 2 are strongly encouraged.

Whole season fees:

(\$12 per practice for members and \$17 per practice for the general public)

Mondays and/or Tuesdays (9 practices): \$108 members \$153 public

Wednesdays and/or Thursdays (10 practices each): \$120 members \$170 public

All 4 days a week (38 practices total) \$418 members (\$11p/p) \$608 public (\$16p/p)

***Note - No practice Monday, October 9th (Indigenous Peoples' Day), Tuesday October 31st (Halloween)**

Any questions or to start practices please contact our Aquatics Director and Swim Coach:

Jen Passafiume - Jenp@ymcamv.org

YMCA of MARTHA'S VINEYARD

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