

the  **FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**
Swim Lessons
Fall 2 Session:

November 1st to December 17th

Registration Opens:

Members: Friday, October 21st

General Public: Monday, October 24th

NO CLASS WEEK OF THANKSGIVING 11/21-11/26

PARENT & CHILD LESSONS (ratio 1:10)

Fee: Member \$90 Public \$120

Mondays only 5 weeks \$75 members \$100 public

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: member \$90, public \$120

Mondays only 5 weeks \$75 members \$100 public

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. Instructor will teach from deck as much as possible.

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!

***Additional lesson stage descriptions available on the website.**

SCHOOL AGE

45 minute class; ages 6-12

Fee: Member \$90; Public \$120

Mondays only 5 weeks \$75 members \$100 public

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. Instructor will teach from deck as much as possible.

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!



COMPETITIVE SWIM

Mako Swim Team

FALL session registration:

Ongoing registration for both members and general public.

FALL Session runs September 12th—November 18th

Open to Swimmers ages 6-18

The Y's year-round competitive swim club for all youth. The Makos team offers vigorous work-outs based on high energy, technique focused swims on personalized challenging intervals. The team competes in some fun home and away meets throughout the year, as well the option to compete in some higher level USA Swimming Meets. 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 Friday

Practice Times:

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

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

Swimmers can chose to swim 2-4 practice times a week.

Fee: \$12 per practice for members and \$17 per practice for general public.

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

Jen Passafiume Jenp@ymcamv.org

PRIVATE SWIM LESSONS

Contact: Jen Passafiume—Aquatics Director at Jenp@ymcamv.org or 508-696-1717 x 129

By appointment only, subject to instructor availability.

Currently running a wait list.

One-on-One 40 min

1 lesson: Member \$60; Public \$70

5 lessons: Member \$250 Public \$325

10 lessons: Member \$450; Public \$600

Semi-Private Lesson (two swim participants) – prices reflect price per participant

One Lesson Fee: \$40 for Members / \$55 for Non-Members

Five Lesson Package Fee: \$175 for Members / \$250 for Non-Members

Ten Lesson Package Fee: \$300 for Members / \$450 for Non-Members

YMCA of MARTHA'S VINEYARD

111R Edgartown Vineyard Haven Rd.

(508) 696 7171 www.ymcamv.org