

Swim Lessons



**Fall Session II:
November 1st to December 17th
Registration Opens:**

Members: October 18th

General Public: October 22nd

**No lessons the week of Thanksgiving
November 22nd to November 26th**

PARENT & CHILD LESSONS (ratio 1:8)

Fee: Member \$66; Public \$102

WATER DISCOVERY *for children 6months-3years*
Introduces parents, infants & toddlers to the aquatic environment through exploration & encourages them to enjoy while learning about the water.

Monday 9:30-10:00am

Wednesday 9:30-10:00am

WATER ACCLIMATION *For children 2 years up to 5 years.* Together learn to develop comfort and safety in and around the water. Lays the foundation that allows for student's future progress in swimming.

Friday: 9:30am-10:00am

PRESCHOOL

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

Fee: Member \$66, Public \$102

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

Monday 4:30-5:00pm **Tuesday** 4:30-5:00pm

Wednesday 4:40-5:10pm **Thursday** 4:30-5:00pm

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

Monday 5:10-5:40pm, 5:50-6:20 pm

Tuesday 5:10-5:40 pm **Wednesday** 5:20-5:50pm

Thursday 5:10-5:40pm

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

Tuesday 5:50-6:20pm **Wednesday** 4:00-4:30pm

SCHOOL AGE

45 minute class; ages 6-12

Fee: Member \$78; Public \$114

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.

Tuesday 4:30-5:15pm

Thursday 5:45-6:30pm

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 3:30-4:15pm **Tuesday** 5:30-6:15pm

Wednesday 6:00-6:45pm

Thursday 3:15-4:00pm, 4:10-4:55pm

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.

Thursday 4:15-5:00pm

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.

Thursday 5:10-5:55pm

YMCA of MARTHA'S VINEYARD

111R Edgartown Vineyard Haven Rd.

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To register call or visit Member Services