



Summer 2024 Swim Lessons

Registration opens June 10th members June 12th general public

Summer Session: July 1st-August 16th

Summer Swim Lessons Registration

During the summer we offer open ongoing enrollment for group lesson. You can register for just one week or all 7 weeks.

Prices listed below are priced per lesson.

To reserve your spot please register at least 24 hours in advance. Space is limited.

PARENT & CHILD LESSONS

(ratio 1:10)

Fee: Member \$25 Public \$33 per lesson

WATER DISCOVERY

for children 6months-3years

Introduces parents, infants & toddlers to the aquatic environment through exploration & encourages them to have fun while learning about the water.

Wednesday 9:30-10:00am

Friday 9:30-10:00am

PRESCHOOL

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

Fee: Member \$25, Public \$33 per lesson

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** 5:15-5:45pm

Wednesday 4:40-5:10pm **Thursday** 4:05-4:35pm

2 WATER MOVEMENT

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

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

Wednesday 5:15-5:45pm **Thursday** 4:40-5:10

3 WATER STAMINA

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

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

Wednesday 3:30-4:00pm

Thursday 5:15-5:45pm

4 STROKE INTRODUCTION

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

Monday 5:15-5:45pm **Tuesday** 4:40-5:10pm

Wednesday 4:05-4:35pm **Thursday** 3:30-4:00pm

To Register please call the Membership Desk

508-696-7171 ext. 0 or

log into your account and register online.

Email Mo at mharris@ymcamv.org with questions.

SCHOOL AGE

45 minute class; ages 6-12

Fee: Member \$25 Public \$33 per lesson

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 long distances. Introduces rhythmic breathing & integrated arm and leg action.

Monday 3:30-4:15pm **Tuesday** 4:20-5:05pm

Wednesday 4:20-5:05pm **Thursday** 3:30-4:15pm

4 STROKE INTRODUCTION (ratio 1:7)

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 4:20-5:05pm **Wednesday** 3:30-4:15pm

Thursday 4:20-5:05pm

5 STROKE DEVELOPMENT (ratio 1:8)

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 3:30-4:15pm OR **MAKOS swim team**

YMCA of MARTHA'S VINEYARD

111R Edgartown Vineyard Haven Rd. 508-696-7171 www.ymcamv.org