

Swim Lessons

SPRING II Session: May 3rd–June 19th

Registration Opens:

Members: April 5th

General Public: April 9th

Call the front desk or register online!

PARENT & CHILD LESSONS (ratio 1:5)

Fee: Member \$77; Public \$119

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.

Wednesdays 9:30-10:00am

Saturdays 9:00-9:30am & 9:30-10:00am

WATER ACCLIMATION *For children 2 years up to 5 years with caregiver in the pool together!*

Learn together to develop comfort with underwater exploration. Lays the foundation that allows for student's future progress in swimming.

Mondays: 9:30-10:00am

Fridays: 9:30-10:00am

PRESCHOOL

(ratio 1:4) *For children ages 3-5*

Fee: Member \$77, Public \$119

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

Monday 3:15-3:45pm

Tuesday 4:30-5:00pm

Wednesday: 3:00-3:30pm

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

Monday 4:00 4:30pm; 5:30-6:00pm

Tuesdays 5:15-5:45pm

Wednesday 3:45-4:15pm

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

Monday 4:45-5:15pm **Wednesdays** 5:30-6:00pm

4 STROKE INTRODUCTION (ratio 1:5)

Level suitable for swimmers up to age 6.

Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Instructor will teach from deck as much as possible.

Tuesday 4:15-4:45pm



SCHOOL AGE

45 minute class; ages 6-12

Fee: Member \$91; Public \$133

2/3 WATER MOVEMENT & STAMINA (ratio 1:5) 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.

Wednesday 4:30-5:15pm

Thursday 4:00-4:45pm; 5:00-5:45pm

4 STROKE INTRODUCTION (ratio 1:5)

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.

Tuesdays 3:15-4:00pm

Thursday 3:00-3:45pm; 3:15-4:00pm;
4:15-5:00

5 STROKE DEVELOPMENT (ratio 1:5)

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.

Tuesdays 3:30-4:15pm

Thursday 5:15-6:00pm



YMCA of MARTHA'S VINEYARD

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