

# Swim Lessons

**SPRING II Session**  
April 25th to June 10th  
Registration for Members April 11th  
Public April 15th



**Online Sign Up Strongly Encouraged**  
To sign up, please go to  
[ymcamv.org/swim-lessons](http://ymcamv.org/swim-lessons)  
Instructions included on website.  
Thank you!

**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.

**Mondays** 9:30-10:00am  
**Wednesdays** 9:30-10:00am

**WATER ACCLIMATION** *For children 2 years up to 5 years*  
Learn together to develop comfort with underwater exploration. Lays the foundation that allows for student's future progress in swimming.

**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.  
**Mondays** 4:30-5:00pm **Tuesdays** 4:30-5:00pm  
**Wednesdays** 4:40-5:10pm  
**Thursdays** 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 **Tuesdays** 5:10-5:40pm  
**Wednesday** 5:20-5:50pm  
**Thursdays** 5:50-6:20pm

**3 WATER STAMINA** Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.  
**Mondays** 5:50-6:20pm **Tuesdays** 5:50-6:20pm  
**Wednesdays** 4:00-4:30pm  
**Thursdays** 5:10-5:40pm

**4 STROKE INTRODUCTION** (ratio 1:6)  
*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.  
**Mondays:** 3:50-4:20pm

## **SCHOOL AGE**

45 minute class; ages 6-12  
Fee: Member \$91; Public \$133

**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.  
**Tuesdays** 4:30-5:15pm  
**Thursdays** 5:00-5:45pm

**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.  
**Tuesdays** 4:30-5:15pm, 5:30-6:15pm  
**Thursdays** 3:15-4:00pm, 4:10-4:55pm

**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.  
**Thursdays** 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  
**Thursdays** 5:10-5:55pm

**YMCA of MARTHA'S VINEYARD**  
111R Edgartown Vineyard Haven Rd.  
(508) 696 7171 ext. 0 [www.ymcamv.org](http://www.ymcamv.org)