

Summer Swim Lessons

Two Week Sessions



Session 1: June 28 - July 9

Session 2: July 12 - July 23

Session 3: July 26 - August 6

Session 4: August 9 - August 20

Pricing is per 2-week session

Registration Opens:
Members: June 14th
Public: June 18th
*Lessons meet 2 times per week!
4 times per session!*

PARENT & CHILD LESSONS (ratio 1:8)
Fee: Member \$76 Public \$96

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 & Wednesdays 9:30-10:00am

PRESCHOOL

(ratio 1:5) For children ages 3-5
Fee: Member \$76, Public \$96

1 WATER ACCLIMATION

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

Mondays & Wednesdays 3:00-3:30pm

2 WATER MOVEMENT

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

Mondays & Wednesdays 3:40-4:10pm

Mondays & Wednesdays 5:00-5:30pm

3 WATER STAMINA

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

Mondays & Wednesdays 4:20-4:50pm

SCHOOL AGE

45 minute class; ages 6-12

Fee: Member \$92 Public \$116

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 distance. Introduces rhythmic breathing & integrated arm and leg action. Instructor will teach from deck as much as possible.

Mondays & Wednesdays 5:40-6:25pm

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.

Tuesday & Thursdays 3:00-3:45pm

Tuesdays & Thursdays 4:00-4:45pm

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.

Tuesdays & Thursdays 5:00-5:45pm



YMCA of MARTHA'S VINEYARD

111R Edgartown Vineyard Haven Rd.
(508) 696 7171 ext. 0 www.ymcamv.org

To register :
go online, call or visit the front desk.