



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Swim Lessons

**SUMMER SESSION JUNE 24—AUGUST 17TH**

**Registration Opens: June 3rd for everyone!**

**SWIM STARTERS** (parent/child lessons, ratio 1:12) For children ages 6 months—3 years

**Fee per Lesson: Members \$11 Public: \$16**

**A B WATER DISCOVERY/ EXPLORATION**

Introduces infants & toddlers to the aquatic environment through exploration & encourages them to enjoy themselves while learning about the water.

**Saturday 9:00-9:30am**

**PRESCHOOL** (ratio 1:5, unless noted)

30 minute class; ages 3-5

**Fee per lesson: Members \$11 Public: \$16**

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

**Tues 4:00-4:30 Thurs 4:00-4:30**

**Sat 9:30-10:00**

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

**Tues 4:30-5:00pm, Thurs 4:30-5:00**

**Sat 10:00-10:30am**

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

**Tues: 5:00-5:30**

**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.

**Thurs 5:00-5:30pm**



**Registration opens June 3rd -August 16th**

**Summer Session: June 24th to August 17th**

**Summer Swim Lessons Registration**

During the summer we offer open ongoing enrollment for group lesson. You can register for just one week or all 8 weeks its up to you! Prices listed below are priced per lesson. To reserve your spot please register early. Space is limited

**MUST REGISTER 24 HOURS IN ADVANCE OF LESSON**

**SCHOOL AGE**

45 minute class; ages 5-12

**Fee Per Lesson: member \$13; Public : \$18**

**2/3 WATER MOVEMENT & STAMINA** (ratio 1:7) 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.

**Tues: 4:00- 4:45 Thurs 4:45-5:30**

**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.

**Tues 4:45-5:30 Thurs 4:00-4:45pm**

**5 STROKE DEVELOPMENT** (ratio 1:8) Work on stroke technique & learn all major competitive strokes. The emphasis on water safety continues through treading water & side-stroke.

**Tues 5:30-6:15**

**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.

**Thurs 5:30-6:15**

**YMCA of MARTHA'S VINEYARD**

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