



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SWIM LESSONS: 2024 Winter SESSION 1

**Tuesday January 16th—  
Saturday February 24th**

Registration Opens:

Members: Tuesday, January 2nd

General Public: Thursday, January 4th

(No class Monday 1/15 MLK or 2/19 Presidents Day)

### **PARENT & CHILD LESSONS** (ratio 1:10)

**Fee:** 6 weeks Member \$120 Public \$150

### **WATER DISCOVERY/ACCLIMATION**

*for children 6months-3years*

Introduces parents, infants & toddlers to the aquatic environment through exploration & encourages them to enjoy while learning about the water. Together learn to develop comfort and safety in and around the water. Lays the foundation that allows for student's future progress in swimming.

**Wednesday:** 9:30-10:00am

**Friday:** 9:30am-10:00am

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

**NEW DROP IN OPTION!** Members \$22 Public \$27

### **PRESCHOOL/KINDERGARTEN**

*For children ages 3-6*

**Fee:** 6 weeks Member \$120 Public \$150

(Monday 4 weeks \$80/\$100)

- 1 WATER ACCLIMATION** (ratio 1:4) Students develop comfort with underwater exploration. Lays the foundation that allows for student's future progress.  
**Monday 3:30-4:00pm Tuesday 4:05-4:35pm**  
**Wednesday 4:50-5:20pm Thursday 4:05-4:35pm**  
**Saturday 9:30-10:00am**
- 2 WATER MOVEMENT** (ratio 1:4) Focus on body position & control, directional change, & forward movement while also continuing water safety education.  
**Monday 4:40-5:10pm Tuesday 3:30-4:00pm**  
**Wednesday 4:35-5:05pm**  
**Saturday 10:05-10:35am**
- 3 WATER STAMINA** (ratio 1:5) Learn how to swim safely for a longer distance. Introduces rhythmic breathing & integrated arm and leg action.  
**Monday 4:05-4:35pm Tuesday 4:40-5:10pm**  
**Wednesday 5:10-5:40pm Thursday 4:40-5:10pm**
- 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.  
**Monday 4:50-5:20pm Tuesday 4:50-5:20pm**  
**Wednesday 4:00-4:30pm Thursday 3:30-4:00pm**
- 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.  
**Tuesday 3:15-4:00pm Thursday 4:05-4:50pm**  
**OR JOIN MAKOS SWIM TEAM!**
- 6 STROKE MECHANICS** (ratio 1:8) Refine stroke technique on all major competitive strokes, learn about competitive swimming & discover how to incorporate swimming into a healthy lifestyle.  
**Tuesday 4:00-4:45pm**  
**OR JOIN MAKOS SWIM TEAM!**



### **Online Sign Up Strongly Encouraged**

**Please go to [ymcamv.org/swim-lessons](https://ymcamv.org/swim-lessons) to register.**

**Instructions included on website. Thank you!**

### **SCHOOL AGE**

45 minute class; ages 6-12

**Fee:** 6 weeks Members \$120 Public \$150

(Monday 4 weeks \$80/\$100)

### **WATER MOVEMENT & STAMINA** (ratio 1:5)

(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.

**Monday 3:15-4:00pm**

**Wednesday 4:00-4:45pm**

**Thursday 4:55-5:40pm**

### **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.

**Monday 4:00-4:45pm**

**Wednesday 3:15-4:00pm**

**Thursday 3:15-4:00pm**

### **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.

**Tuesday 3:15-4:00pm Thursday 4:05-4:50pm**

**OR JOIN MAKOS SWIM TEAM!**

### **6 STROKE MECHANICS** (ratio 1:8)

Refine stroke technique on all major competitive strokes, learn about competitive swimming & discover how to incorporate swimming into a healthy lifestyle.

**Tuesday 4:00-4:45pm**

**OR JOIN MAKOS SWIM TEAM!**