

# Swim Lessons

## Winter Session:

**January 10th to February 26th**

**Registration Opens:**

Members: December 13th

General Public: December 17th

**Lessons will occur on MLK Day (1/17) & Presidents Day (2/21)**

### **PARENT & CHILD LESSONS** (ratio 1:8)

**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.

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

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

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

**WATER ACCLIMATION** *For children 2 years up to 5 years.* Together learn to develop comfort and safety in and around the water. Lays the foundation that allows for student's future progress in swimming.

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

### **PRESCHOOL**

(ratio 1:5) *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** 4:30-5:00pm **Tuesday** 4:30-5:00pm

**Wednesday** 4:40-5:10pm **Thursday** 4:30-5:00pm

**Saturday** 8:00-8:30am

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

**Monday** 5:10-5:40pm, 5:50-6:20 pm

**Tuesday** 5:10-5:40 pm **Wednesday** 5:20-5:50pm

**Thursday** 5:10-5:40pm **Saturday** 8:30-9:00am

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

**Tuesday** 5:50-6:20pm **Wednesday** 4:00-4:30pm

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



**Online Sign Up Strongly Encouraged**

**Please go to**

***ymcamv.org/swim-lessons***

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

### **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.

**Tuesday** 4:30-5:15pm

**Thursday** 5:45-6:30pm

**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** 3:30-4:15pm **Tuesday** 5:30-6:15pm

**Thursday** 3:15-4:00pm, 4:10-4:55pm

**Saturday** 10:00-10:45am

**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.

**Thursday** 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.

**Thursday** 5:10-5:55pm