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

**Fee:** Member $19 Public $24 per lesson

**WATER DISCOVERY**
for children 6 months-3 years
Introduces parents, infants & toddlers to the aquatic environment through exploration & encourages them to have fun while learning about the water.

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

**PRESCHOOL**
(ratio 1:5) *For children ages 3-5*

**Fee:** Member $19, Public $24 per lesson

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

**Monday** or **Wednesday** 3:30-4:00pm

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

**Monday** or **Wednesday** 4:05-4:35pm

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

**Monday** or **Wednesday** 4:40-5:10pm

4. **STROKE INTRODUCTION** *(ratio 1:6)*
*Level suitable for swimmers up to age 6.*
Develop stroke technique in front & backcrawl & learn breaststroke & butterfly kick. Instructor will teach from deck as much as possible.

**Monday** or **Wednesday** 5:15-5:45pm

**45 minute class; ages 6-12**

**Fee:** Member $23 Public $29 per lesson

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

**Tuesdays** or **Thursdays** 3:30-4:15pm

4. **STROKE INTRODUCTION** *(ratio 1:7)*
Develop stroke technique in front & backcrawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke. Instructor will teach from deck as much as possible.

**Tuesdays** or **Thursdays** 4:20-5:05pm

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.

**Tuesdays** or **Thursdays** 5:10-5:55pm

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**To Register please call the Membership Desk at 508-696-7171 ext. 0 or log into your account and register online. Email Ashley at aosburn@ymcamv.org with questions.**

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**YMCA of MARTHA’S VINEYARD**
111R Edgartown Vineyard Haven Rd.  508-696-7171  www.ymcamv.org