



PARENT & CHILD LESSONS

(ratio 1:10)

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

WATER DISCOVERY

for children 6months-3years

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

Summer Swim Lessons

Registration opens June 20th for all!

Summer Session: June 27th to August 18th

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 A MINIMUM OF 24 HOURS IN ADVANCE OF LESSON

SCHOOL AGE

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 & back crawl & 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

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.

YMCA of MARTHA'S VINEYARD

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