

IMPORTANT ANNOUNCEMENT!



MARCH MADNESS



DUE TO ANTICIPATED CONSTRUCTION RELATED FACILITY CLOSURES DURING THE MONTHS OF APRIL AND MAY THAT WILL BRING EXCITING CHANGES TO THE POOL, WE WILL BE RUNNING A SHORT SWIM LESSON SESSION IN MARCH.

THE CLASSES ARE DROP IN STYLE WHICH MEANS AT REGISTRATION YOU CAN SIGN UP FOR AS MANY CLASSES IN THE MONTH LONG SESSION THAT YOU WANT. YOU WILL ONLY PAY FOR

THE DAYS YOU SIGN UP FOR. YOU CAN REGISTER FOR ALL CLASSES WHEN REGISTRATION OPENS OR WEEK BY WEEK BASED ON AVAILABILITY AS CLASSES MAY FILL UP. THE SESSION WILL

RUN MARCH 2ND-MARCH 28TH.

REGISTRATION WILL OPEN FEBRUARY 17TH FOR MEMBERS AND FEBRUARY 19TH FOR GENERAL PUBLIC.

SOME CLASSES AND TIMES HAVE CHANGED SO PLEASE TAKE A LOOK ON THE OTHER SIDE FOR THE UPDATED SCHEDULE.

IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO REACH OUT.

WE HOPE TO SEE YOU ALL IN THE POOL THIS MARCH!

Email Mo Harris with any questions: Mharris@ymcamv.org or Jenp@ymcamv.org



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH MADNESS

Monday, March 2nd—
Saturday, March 28th.

Registration Opens:

Members: Tuesday, February 17th

General Public: Thursday, February 19th

Please check times as many have changed
ALL CLASSES THIS SESSION ARE DROP IN STYLE

PARENT & CHILD LESSONS

Fee: member: \$22 per class / Public: \$27 per class

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.

Friday: 9:30-10:00am

Saturday: 9:00-9:30am

PRESCHOOL/KINDERGARTEN

For children ages 3-6

Fee: member: \$22 per class / Public: \$27 per class

1 WATER ACCLIMATION

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

Monday 3:30-4:00pm **Tuesday** 5:15-5:45pm

Wednesday 5:10-5:40pm **Thursday** 4:05-4:35pm

Saturday 9:30-10:00am

2 WATER MOVEMENT

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

Monday 4:05-4:35pm **Tuesday** 3:30-4:00pm

Wednesday 4:35-5:05pm **Thursday** 4:40-5:10pm

Saturday 10:05-10:35am

3 WATER STAMINA

Learn how to swim safely for a longer distance.

Introduces rhythmic breathing & integrated arm and leg action.

Monday 4:40-5:10pm **Tuesday** 4:05-4:35pm

Wednesday 4:00-4:30pm **Thursday** 5:15-5:45pm

4 STROKE INTRODUCTION

Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.

Monday 5:15-5:45pm **Tuesday** 4:40-5:10pm

Thursday 3:30-4:00pm



Online Sign Up Strongly Encouraged

Please go to ymcamv.org/swim-lessons to register.

*Financial Assistance is available!

Email Mo Harris with questions: mharris@ymcamv.org

SCHOOL AGE

45 minute class; ages 6-12

Fee: member: \$22 per class Public: \$27 per class

1 WATER ACCLIMATION

BEGINNER SCHOOL AGED SWIMMERS. Best suited for kids who have no prior swim experience and are completely new to swimming.

Monday 4:05-4:50pm **Tuesday** 4:55-5:40pm

2/3 WATER MOVEMENT & STAMINA

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 4:55-5:40pm

Tuesday 4:05-4:50pm

Wednesday 4:55-5:40pm

Thursday 4:55-5:40pm

4 STROKE INTRODUCTION

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 3:15-4:00pm

Wednesday 4:05-4:50pm

Thursday 3:15-4:00pm

Saturday 10:30-11:15am

5 STROKE DEVELOPMENT

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

Wednesday 3:15-4:00pm

Thursday 4:05-4:50pm

Saturday 11:20-12:05pm

OR JOIN MAKOS SWIM TEAM!