

SWIM LESSONS



Spring 2: 2024 Session Dates: April 29 – June 22, 2024

Registration Dates: April 15 – April 26, 2024

WHAT YOU NEED TO KNOW:

Pricing below is for the entire 8 week session*. Each class has a maximum number of swimmers per instructor. If the maximum amount is not made, your child may have the option of being placed in another class. Swim lessons are now open to Y members & non-members!

*No classes Monday, May 27th for Memorial Day holiday. Monday lessons will be prorated to 7 weeks.

A \$5 key tag charge is required for non-members and is refundable at the end of the session.

SWIM STARTERS – FAMILY POOL

For Parent & Child 6 months – 3 years

Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

(Max 10 students)

Cost: 1 lesson per week: \$42 members / \$84 non-members

Class Availability:

Wednesday 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Saturday 9:00– 9:30 a.m. | 9:40 – 10:10 a.m.

SWIM BASICS & STROKES – FAMILY POOL

For Children 3–12 years

Outcomes for Swim Basics Stages 1–4: swimmers will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim-sequencing, front glide, roll back float, exit jump, push, turn & grab.

STAGES 1&2:

Cost:

- **One lesson per week: \$42 members / \$84 non-members**
- **Two lessons per week: \$75.60 members / \$151.20 non-members**

Stage 1: Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

(Max 5 students)

Class Availability:

Monday 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Tuesday 4:30 – 5:00 p.m. | 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Wednesday 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Thursday 4:30 – 5:00 p.m. | 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Saturday 9:00 – 9:30 a.m.

Stage 2: Water Movement

Encourages forward movement in water & basic self-rescue skills performed independently.

(Max 5 students).

Class Availability:

Monday 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Tuesday 4:30 – 5:00 p.m. | 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Wednesday 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Thursday 4:30 – 5:00 p.m. | 5:15 – 5:45 p.m. | 6:00 – 6:30 p.m.

Saturday 9:40 – 10:10 a.m.

SWIM LESSONS



STAGES 3&4:

Cost:

- **One lesson per week: \$56 members / \$112 non-members**
- **Two lessons per week: \$100.80 members / \$201.60 non-members**

Stage 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

(Max 6 students)

Class Availability:

Monday 5:15 - 5:55 p.m. | 6:00 - 6:40 p.m.

Tuesday 5:15 - 5:55 p.m.

Thursday 5:15 - 5:55 p.m. | 6:00 - 6:40 p.m.

Stage 4: Stroke Introduction

Introduces basic stroke technique in front crawl and reinforces water safety through treading water & elementary backstroke.

(Max 6 students)

Class Availability:

Monday 4:30 - 5:10 p.m.

Wednesday 5:15 - 5:55 p.m. | 6:00 - 6:40 p.m.

TEEN/ADULT - LAP POOL

For Ages 13+

YMCA teen and adult beginner swim lessons are designed for those with little or no swimming experience. Skills will include water acclimation, floating, breathing techniques, and basic swim strokes: freestyle and backstroke.

Cost: 1 lesson per week: \$56 members / \$112 non-members

Class Availability:

Tuesday 6:00 - 6:40 p.m.

INDIVIDUAL & SMALL GROUP PRIVATE SWIM LESSONS

Private lessons are taught outside of regular lesson times with only Y/USA certified coaches and instructors. Participants wanting a small group class with 2 or 3 swimmers must register at the same time as the other participants.

Lesson time and instructor must be arranged prior to registering for classes.

Private swim lessons are now open for Y members & non-members!!

Cost for 4, :30 minute lessons

Pricing is per participant

- 1 Swimmer - \$100 member / \$200 non-member
- 2 Swimmers - \$75 per member / \$150 per non-member
- 3 Swimmers - \$60 per member / \$120 per non-member
- 4 Swimmers - \$45 per member / \$90 per non-member

Cost for 8, :30 minute lessons

Pricing is per participant

- 1 Swimmer - \$165 member / \$330 non-member
- 2 Swimmers - \$124 per member / \$248 per non-member
- 3 Swimmers - \$99 per member / \$198 per non-member
- 4 Swimmers - \$75 per member / \$150 per non-member

For more information, contact
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