



AQUATICS SWIM LESSONS

UPDATED: August 12, 2020



STAFF CONTACT

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REGISTRATION BEGINS ON MONDAY, AUGUST 24 SESSIONS

FALL 1

September 14 – October 18

Fall 2 information will be available starting Friday, October 2. Fall 2 session will begin on Monday, October 19.

COVID-19 INFORMATION

- Please monitor your children/family for symptoms of COVID-19. You and your child should stay home if any symptoms are observed.
- Anyone 5 years and older are required to wear a mask at the YMCA. Please wear a mask into the YMCA locker room but then masks are not required in the pool. Other exemptions include but not limited to; individuals who have difficulty breathing, medical conditions that prevent wearing a face covering, sensory sensitivities, developmental disabilities or when eating or drinking.
- Enhanced cleaning and disinfecting procedures are in place. All railings and touchpoints will be disinfected regularly and after closing each day.
- Only one adult per child is allowed to view swimming lessons on the pool deck. Parents will need to sit by designated zone and separated chairs on the pool deck.

PARENT-CHILD CLASSES AGES 6 MONTHS-3 YEARS

PARENT/CHILD STAGE A: WATER DISCOVERY (AGES 6-12 MONTHS)

Infants and toddlers are introduced to the aquatic environment. A parent will accompany their child into the water for each lesson. Water Discovery focuses on strengthening the parent and child relationship while teaching the fundamentals of motion in water and water safety. **Class Max: 4**

Class name	Location	Age	Day	Start	End	Y Family Member	Y Youth Member	General Public
Parent and Child Stage A: Water Discovery	ADV POOL	6-12 months	WED	4:15 PM	4:50 PM	\$5	\$30	N/A

PARENT/CHILD STAGE B: WATER EXPLORATION (AGES 1-3 YEARS)

This class is ideal for a toddler who is looking for more independence in the water under the guidance of a parent. It is perfect for any preschooler not quite ready to swim without the parent. This class focuses on blowing bubbles and assisted swimming positions on front, back and side. Safe water entry and exit are fundamental safety skills taught in each lesson. **Class Max: 4**

Class name	Location	Age	Day	Start	End	Y Family Member	Y Youth Member	General Public
Parent and Child Stage B: Water Exploration	ADV POOL	1-3 years	MON	5:05 PM	5:40 PM	\$5	\$30	N/A
Parent and Child Stage B: Water Exploration	ADV POOL	1-3 years	THU	5:55 PM	6:30 PM	\$5	\$30	N/A
Parent and Child Stage B: Water Exploration	ADV POOL	1-3 years	SAT	10:40 AM	11:15 AM	\$5	\$30	N/A

PRESCHOOL SWIM LESSONS AGES 3-5 YEARS

Preschool swim lessons allow for children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of previous level is required for registration into next level. Lessons are 35 minutes. **Class Max: 4**

PRESCHOOL STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool. Participants are introduced to floating, kicking, blowing bubbles, and pool safety with an instructor's assistance. This level also introduces underwater exploration and introduces basic self-rescue skills performed with assistance.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	MON	4:15 PM	4:50 PM	\$30	N/A
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	TUE	5:05 PM	5:40 PM	\$30	N/A
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	WED	5:55 PM	6:30 PM	\$30	N/A
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	THU	4:15 PM	4:50 PM	\$30	N/A
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	SAT	9:00 AM	9:35 AM	\$30	N/A

PRESCHOOL STAGE 2: WATER MOVEMENT

The beginner swimmer continues to adjust to chest-deep water and swimming 10 yards independently. In Stage 2, swimmers continue progress on forward movement, floating, kicking, and blowing bubbles independently. This level also incorporates the basic self-rescue model of "jump, swim, turn, swim, grab" in chest-deep water.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	MON	5:55 PM	6:30 PM	\$30	N/A
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	TUE	4:15 PM	4:50 PM	\$30	N/A
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	WED	5:05 PM	5:40 PM	\$30	N/A
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	THU	4:30 PM	5:05 PM	\$30	N/A
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	SAT	9:50 AM	10:25 AM	\$30	N/A

PRESCHOOL STAGE 3: WATER STAMINA

Swimmers strive to improve their existing stroke skills with exposure to treading water, rhythmic breathing, and underwater swimming. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed at longer distances than in previous stages.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Preschool Stage 3 - Water Stamina	ADV POOL	3-5 years	TUE	5:55 PM	6:30 PM	\$30	N/A
Preschool Stage 3 - Water Stamina	ADV POOL	3-5 years	THU	5:05 PM	5:40 PM	\$30	N/A
Preschool Stage 3 - Water Stamina	ADV POOL	3-5 years	THU	6:10 PM	6:45 PM	\$30	N/A

PRESCHOOL STAGE 4: STROKE INTRODUCTION

Swimmers strive to improve their existing stroke skills of front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Additionally, the basic self-rescue model of “jump, swim, turn, swim, grab” is performed at longer distances than in previous stages.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Preschool Stage 4 - Stroke Introduction	ADV POOL	3-5 years	TUE	4:30 PM	5:05 PM	\$30	N/A
Preschool Stage 4 - Stroke Introduction	ADV POOL	3-5 years	WED	5:20 PM	5:55 PM	\$30	N/A

YOUTH SWIM LESSONS AGES 6-13 YEARS

Your child will learn personal safety, stroke development, and rescue skills. Lessons are 35 minutes. **Class Max: 4.**

YOUTH STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool. Participants are introduced to floating, kicking, blowing bubbles, forward motion, and pool safety with an instructor’s assistance. This level also introduces underwater exploration and introduces basic self-rescue skills performed with assistance.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	MON	4:30 PM	5:05 PM	\$30	N/A
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	THU	5:20 PM	5:55 PM	\$30	N/A
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	SAT	10:55 AM	11:30 AM	\$30	N/A

YOUTH STAGE 2: WATER MOVEMENT

Swimmers continue to build on their floating, kicking, and gliding skills without assistance. This level also incorporates the basic self-rescue model of “jump, push, turn, grab” in deep water as well as introducing treading water. Those that just passed out of pre-poliwog or youth stage 1 should enroll in Water Movement.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	MON	6:10 PM	6:45 PM	\$30	N/A
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	TUE	5:20 PM	5:55 PM	\$30	N/A
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	WED	4:30 PM	5:05 PM	\$30	N/A
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	WED	6:10 PM	6:45 PM	\$30	N/A
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	SAT	9:15 AM	9:50 AM	\$30	N/A

YOUTH STAGE 3: WATER STAMINA

Swimmers strive to improve their existing skills from Stage 2. Independent swimming of 15 yards on both front and back will be introduced. Additionally, the basic self-rescue model of “jump, swim, turn, grab” is performed at longer distances that in previous stages.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	MON	5:20 PM	5:55 PM	\$30	N/A
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TUE	6:10 PM	6:45 PM	\$30	N/A
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	WED	4:45 PM	5:20 PM	\$30	N/A
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	THU	5:35 PM	6:10 PM	\$30	N/A
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	SAT	10:05 AM	10:40 AM	\$30	N/A

YOUTH STAGE 4: STROKE INTRODUCTION

Swimmers strive to improve their existing stroke skills of front crawl and back crawl in addition to learning dolphin and breaststroke kick. This level reinforces water safety through treading water. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed at longer distances than in previous stages.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	MON	4:45 PM	5:20 PM	\$30	N/A
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	TUE	5:35 PM	6:10 PM	\$30	N/A
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	TUE	6:25 PM	7:00 PM	\$30	N/A
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	WED	6:25 PM	7:00 PM	\$30	N/A
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	THU	4:45 PM	5:20 PM	\$30	N/A

YOUTH STAGE 5: STROKE DEVELOPMENT

Swimmers focus on breaststroke and butterfly, and reinforces front crawl, back crawl, and water safety through treading water. Swimmers should be able to swim 25-50 yards of the pool for each stroke.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 5 - Stroke Development	ADV POOL	6-13 years	TUE	4:45 PM	5:20 PM	\$30	N/A
Youth Stage 5 - Stroke Development	ADV POOL	6-13 years	WED	5:35 PM	6:10 PM	\$30	N/A
Youth Stage 5 - Stroke Development	ADV POOL	6-13 years	MON	6:25 PM	7:00 PM	\$30	N/A

YOUTH STAGE 6: STROKE MECHANICS

Swimmers strive to improve stroke mechanics for front crawl, back crawl, breaststroke, and butterfly. Swimmers will learn open and flip turns for the competitive strokes. Swimmers should be able to swim 50+ yards per stroke.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 6 - Stroke Mechanics	ADV POOL	6-13 years	MON	5:35 PM	6:10 PM	\$30	N/A
Youth Stage 6 - Stroke Mechanics	ADV POOL	6-13 years	THU	6:25 PM	7:00 PM	\$30	N/A

PRIVATE SWIM LESSONS

Offered for all ages and ability levels. Students work on swimming skills appropriate for their ability and in accordance with their individual goals. Water safety is stressed to all participants. Lessons are 30 minutes. Adventure Pool or Training Pool (depending on availability).

Y Member: 1 Lesson \$25, 4 Lessons \$100
General Public: Not admitted at this time

Semi-Private lessons are also available:
 30 minutes • cost is split between 2 participants.

To register, please fill out a private swim lesson request form at the YMCA Member Services Desk. An aquatic staff member will contact you to arrange times that fit your schedule.

Payment needs to be received before the first scheduled lesson. **Participants must bring their receipts to each lesson as proof of payment.** Please be aware that it may take several weeks to find an instructor, and even longer if you give limited availability. *****Lessons must be completed within 1 year of the purchase date.*****