



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

King George Family YMCA

Swim Lesson Schedule
March 20–May 6, 2017

Swim Lesson Stage Overview:

Due to recent Pool closure, dates have been changed, please see updated schedule below!

Swim Starters Parent and Child Lessons		Swim Basics Recommended Skills for all to have around water			Swim Strokes Skills to support a healthy lifestyle		
A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
Introduces infants and toddlers to the aquatic environment	Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance Beginner level skills	Encourages forward movement in water and basic self-rescue skills performed independently Beginner level skills, comfortable in water	Develops intermediate self-rescue skills performed at longer distances than in previous stages Student is comfortable and independent. Can float without assistance	Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke Student can move through all depths of water independently. Student is ready to learn stroke techniques	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke Student has mastered free style and is ready for additional stroke development	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle Strokes are refined. Lap swim and endurance work.
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence—building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. For age 6 months through 3 years accompanied by an adult caretaker.		Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: --Swim, float, swim-sequencing front glide, roll, back float, roll, front glide, and exit --Jump, push, turn, grab For beginners through advanced beginners. For age 3 through Adult			Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Students also build their confidence and endurance. For intermediate through advanced swimmers. Stage 4 starts at age 3 through Adults. Stages 5 & 6 start at age 5 through Adults		

To keep our children safe, please make note of the following rules:


- Children under 10 must be accompanied by an adult **IN THE WATER** (please do not allow younger children to swim before or after their lesson unless you are in the water with them).
- Children should always ask an adult before entering water.
- Please, no gum, no food or drink (water is ok) in/near the pool.
- Swim diapers must be worn for all who need them.
- Please...walk and always enter water feet first.
- Have fun.

Classes will be cancelled or combined due to low enrollment or pool availability. Schedule is subject to change.

Aquatics Director: Alexandra Bentz abentz@family-ymca.org
Swim Lesson Coordinator: Tarina Silvis tsilvis@family-ymca.org


Register at front desk early to ensure a spot!

Parent Child Classes: Ages 6 Months- 3 Years (Parent in the water)



COURSE	STAGE	DATES	DAYS	TIMES	FEES M/NM
Parent/Child A	Water Discovery	March 21-May 2	Tuesday Once per week	1:00-1:30pm	\$40/80 (6 lessons)
Parent/Child B	Water Exploration	March 25-May 6	Saturday Once per week	10:00-10:45am	\$55/110 (6 lessons)

Pre-School Classes for Stages 1-4: Ages 3 years – 5 years



Pre-School Stage 1	Water Acclimation	March 21-May 2	Tuesday Once per week	1:00-1:30pm	\$40/80 (6 lessons)
Pre-School Stage 1	***	March 20-May 1	Monday Once per week	5:00-5:45pm	\$55/110 (6 lessons)
Pre-School Stage 1	***	March 21-May 2	Tuesday Once per week	5:30-6:15pm	\$55/110 (6 lessons)
Pre-School Stage 1	***	March 23-May 4	Thursday Once per week	5:30-6:15pm	\$55/110 (6 lessons)
Pre-School Stage 1	***	March 25-May 6	Saturday Once per week	10:00-10:45am	\$55/110 (6 lessons)
Pre-school Stage 2	Water Movement	March 20-May 1	Monday Once per week	6:00-6:45pm	\$55/110 (6 lessons)
Pre-school Stage 2	***	March 21-May 2	Tuesday Once per week	5:30-6:15pm	\$55/110 (6 lessons)
Pre-School Stage 3	Water Stamina	March 23-May 4	Thursday Once per week	5:30-6:15pm	\$55/110 (6 lessons)
Pre-School Stage 3			TBD		

Due to the recent Pool closure, dates have been changed.

Come ready to swim with swim suit, towel, hair tied back and goggles without a nose piece (optional).

Classes will be cancelled or combined due to low enrollment or pool availability. Schedule is subject to change.

Aquatics Director: Alexandra Bentz abentz@family-ymca.org
Swim Lesson Coordinator: Tarina Silvis tsilvis@family-ymca.org

Register at front desk early to ensure a spot!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

King George Family YMCA

Swim Lesson Schedule March-May 2017

Youth Classes for Stages 1-6: Ages 6 Years- 12 Years

COURSE	STAGE	DATES	DAYS	TIMES 45 mins	FEES M/NM
Youth Stage 1 & 2	Water Acclimation & Water Movement	March 20-May 1	Monday Once per week	5:00-5:45pm	\$55/110 (6 lessons)
Youth Stage 1 & 2	""	March 21-May 2	Tuesday Once per week	6:30-7:15pm	\$55/110 (6 lessons)
Youth Stage 1 & 2	""	March 23-May 4	Thursday Once per week	6:30-7:15pm	\$55/110 (6 lessons)
Youth Stage 1 & 2	""	March 25-May 6	Saturday Once per week	11:00-11:45am	\$55/110 (6 lessons)
Youth Stage 3	Water Stamina	March 21-May 2	Tuesday Once per week	6:30-7:15pm	\$55/110 (6 lessons)
Youth Stage 3	""	March 23-May 4	Thursday Once per week	5:30-6:15pm	\$55/110 (6 lessons)
Youth Stage 3	""	March 25-May 6	Saturday Once per week	11:00-11:45am	\$55/110 (6 lessons)
Youth Stage 4	Stroke Introduction	March 23-May 4	Thursday Once per week	6:30-7:15pm	\$55/110 (6 lessons)
Youth Stage 4	""	March 25-May 6	Saturday Once per week	12:00-12:45pm	\$55/110 (6 lessons)
Youth Stage 5	Stroke Development	February 28- May 5	Tuesday, Thursday & Friday Your Choice	4:30-5:30pm	\$55/110 (6 lessons)
Youth Stage 6	Stroke Mechanics	February 28- May 5	Tuesday, Thursday & Friday Your Choice	4:30-5:30pm	\$55/110 (6 lessons)

Come ready to swim with swim suit, towel, hair tied back and goggles without a nose piece (optional).

Due to the recent Pool closure, dates have been changed.

Classes will be cancelled or combined due to low enrollment or pool availability. Schedule is subject to change.

Aquatics Director: Alexandra Bentz abentz@family-ymca.org
Swim Lesson Coordinator: Tarina Silvis tsilvis@family-ymca.org

Register at front desk early to ensure a spot!

Teen Classes for Stages 1-6: Ages 13-17

COURSE	STAGE	DATES	DAYS	TIMES	FEEES M/NM
Teen Stage 1-3	Water Acclimation, Movement & Stamina	March 20-May 1	Monday Once per week	6:00-6:45pm	\$55/110 (6 lessons)
Teen Stage 1-3		March 25-May 6	Saturday Once per week	12:00-12:45pm	\$55/110 (6 lessons)
Teen Stage 4 & 5	Stroke Introduction, Development	TBD	Private lessons recommended	30 min lessons	\$25/50 (arranged)
Teen Stage 6	Stroke Mechanics	TBD	Private lessons recommended	30 min lessons	\$25/50 (arranged)

Adult Lessons for Stages 1-6: Ages 20 yrs. +

COURSE	STAGE	DATES	DAYS	TIMES 30 mins	FEEES M/NM
Adult Stage 1-3	Water Acclimation, Movement & Stamina	March 25-May 6	Saturday Once per week	10:00-10:45am	\$55/110 (6 lessons)
Adult Stage 4-5	Stroke Introduction	TBD	Private lessons recommended	30 min lessons	\$25/50 (arranged)
Adult Stage 4-5	Stroke Development or Learn to Lap	February 28- May 5	Monday & Wednesday	12:30-1:30pm	Free to members
Adult Stage 6 Masters	Stroke Mechanics And Lap Endurance	February 28- May 5	Monday & Wednesday	12:30-1:30pm	Free to members

Due to the recent Pool closure, dates have been changed.

Private and Semi-Private Lessons: Any Age and Ability Level

PRIVATE LESSONS	ONE Lesson	30 Minutes To be arranged	Member \$25	Non-member \$50	One Student
BUILD A LESSON	SIX Lessons	45 Minutes To be arranged	Member \$75	Non-member \$150	Minimum of 3 students Maximum of 5
SEMI-PRIVATE LESSONS	ONE Lessons	45 Minutes To be arranged	Member \$20 each	Non-member \$40 each	Minimum of 2 students

Adapted Lessons: Any Age, Ability Level, and Special Need

Participant with Care Giver's Assistance	30 Minute Lesson	To Be Arranged	One Lesson: \$25 Member/\$50 Non-member Six lessons: \$55 Members/\$110 Non-member
Youth or Adult Participant	30 Minute Lesson	To Be Arranged	One Lesson: \$25 Member/\$50 Non-member Six lessons: \$55 Members/\$110 Non-member

Classes will be cancelled or combined due to low enrollment or pool availability. Schedule is subject to change.

Aquatics Director: Alexandra Bentz abentz@family-ymca.org
Swim Lesson Coordinator: Tarina Silvis tsilvis@family-ymca.org

Register at front desk early to ensure a spot!