



# SPLASH, LEARN, GROW

## WINTER 2024 SWIM LESSONS

### ADULT LESSONS

January

Registration	Session	Day(s) of Week	Duration	Time	Price
12/15 - 1/5	1/9 - 2/1	Tues. Thurs.	45min	6:30p-7:15p	\$125

February

Registration	Session	Day(s) of Week	Duration	Time	Price
1/22 - 2/2	2/6 - 2/29	Tues. Thurs.	45min	6:30p-7:15p	\$125

March

Registration	Session	Day(s) of Week	Duration	Time	Price
2/19 - 3/1	3/5 - 3/28	Tues. Thurs.	45min	6:30p-7:15p	\$125

### YOUTH SWIM LESSONS (WEEKDAY)

January - February

Registration	Session	Day(s) of Week	Duration	# of Classes	Time	Price
12/15 - 1/5	1/8 - 2/14	Mon. Wed.	6 weeks	12 classes	30min	\$120
12/15 - 1/5	1/9 - 2/15	Tues. Thurs.	6 weeks	12 classes	30min	\$120

## **YOUTH LESSONS (SATURDAY'S)**

January - February

<b>Registration</b>	<b>Session</b>	<b>Day(s) of Week</b>	<b>Duration</b>	<b>Time</b>	<b>Price</b>
12/15 - 1/5	1/13 - 2/17	Sat	6 classes	45min	\$90

## **PRESCHOOL AND SCHOOL AGE SWIM LESSONS (WEEKDAYS)**

### **January - February**

Registration: 12/15/23 - 1/5/24

Session: 1/8/24 - 2/15/24

### **Monday/Wednesday**

- Training Pool
  - Stage 1 Pre School (3:30p - 4:00p)
  - Stage 2 Pre School (4:00p - 4:30p)
  - Stage 3 Pre School (4:30p - 5:00p)
  - Stage 1 School Age (5:00p - 5:30p)
  - Stage 2 School Age (5:30p - 6:00p)
  - Stage 3 School Age (6:00p - 6:30)
  
- Lap Pool
  - Stage 4 Pre School (4:30p - 5:00p)
  - Stage 4 School Age (5:00p - 5:30p)
  - Stage 5 School Age (5:30p - 6:00p)
  - Stage 6 School Age (6:00p - 6:30p)

### **Tuesday/Thursday**

- Training Pool
  - Stage 1 Pre-School (3:30p - 4:00p)
  - Stage 2 Pre-School (4:00p - 4:30p)
  - Stage 3 Pre-School (4:30p - 5:00p)
  - Stage 1 School Age (5:00p - 5:30p)
  - Stage 2 School Age (5:30p - 6:00p)
  - Stage 3 School Age (6:00p - 6:30)
  
- Lap Pool
  - Stage 4 Pre-School (4:30p - 5:00p)
  - Stage 4 School Age (5:00p - 5:30p)

- Stage 5 School Age (5:30p - 6:00p)
- Stage 6 School Age (6:00p - 6:30p)

## **PRESCHOOL & SCHOOL AGE SWIM LESSONS (SATURDAY'S)**

- Training Pool
  - Stage 1 Pre-School (8:00a - 8:45a)
  - Stage 2 Pre-School (8:45a - 9:30a)
  - Stage 3 Pre-School (9:30a - 10:15a)
- Lap Pool
  - Stage 5 Pre-School (10:15a - 11:00a)
  - Stage 6 School Age (11:00a - 11:45a)

## **Pre School Lesson Descriptions**

- **PS 1: Beginner: Stage 1**, introduces new little swimmers to the pool and helps them develop safe water habits in a fun and encouraging environment. Swimmers will be introduced to basic kicking, paddle stroke, blowing bubbles, front and back floats, and water safety. Preschoolers will develop comfort with underwater exploration and learn to perform basic self-rescue skills with assistance. Preschool Swim Stage 1 is for students who aren't yet comfortable going underwater voluntarily. (This class is taught in the Training Pool).

- **PS 2: Intermediate Beginner: Stage 2**, is designed for little swimmers who are well adjusted to the water and can go underwater voluntarily. Stage 2 swimmers continue to build on the basics learned in Stage 1, such as underwater exploration, kicking, bobbing, and bubbles. Additionally, they will learn more about pool safety and develop their front and back floats, glides, and paddle stroke. (This class is taught in the Training Pool).

- **PS 3: Intermediate Beginner: Stage 3**, focuses on swimmers' front stroke skills in order to gain independence safely in the water. Swimmers will focus on front stroke and will be introduced to elementary backstroke, and swim float swim drills across the training pool with assistance from the instructor. (This class is taught in the Training Pool).

**PS 4: Advance Beginner: Stage 4**, is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in this stage will be refining the front stroke and be introduced to rhythmic breathing, back crawl, and treading water in the deep end. Swimmers will also start learning the basics of elementary breaststroke. (This class is taught in the Lap Pool).

## **School Age Lessons Descriptions**

- **SA 1: Beginner: Stage 1**, introduces new swimmers to the pool and helps them acclimate to water in a fun and encouraging environment. Swimmers will focus on kicking, blowing bubbles, bobbing, front and back glides, water safety, and underwater discovery. (This class is taught in the training pool).
- **SA 2: Intermediate Beginner: Stage 2**, swimmers will continue to practice the basics learned in Stage 1 while learning front stroke skills in order to gain independence safely in the water. Swimmers will focus on swimming 10 yds of front stroke and be introduced to elementary backstroke with assistance from the instructor. (This class is taught in the training pool).
- **SA 3: Intermediate Beginner: Stage 3**, Introduces school-age children to the pool and helps them adjust to the water. It teaches basic skills including stroke work, gliding, front & back floating, & kicking as well as beginner rotary breathing. (This class is taught in the training pool).
- **SA 4: Intermediate: Stage 3**, In this class, swimmers learn how to tread water in the deep end. This class builds the swimmers confidence so they can swim 50 yards in the lap pool. They will be refining their front and back stroke and be introduced to breaststroke and butterfly kick. They will be working on building their endurance, technique and other skills.(This class is taught in the Lap Pool).
- **SA 5: Intermediate Advance: Stage 5**, In this class, swimmers learn how to swim a full length of the pool safely and independently. They continue to work on learning and improving their strokes while increasing endurance and technique. (This class is taught in the Lap Pool).
- **SA 6: Advanced: Stage 6**, focuses on refining freestyle, backstroke, breaststroke, and butterfly kick. Students start building up endurance by swimming up to 50 yds at a time with rotary breathing and treading water for 1 min. Other advanced skills and strokes will be taught. (This class is taught in the Lap Pool.)

## **POLICIES AND REMINDERS**

1. Please note that we are unable to process swim registrations without a current active SMF YMCA membership.
2. Registrations can be done online.
3. Payments must be made online or in person by the Membership team.
4. No cancellations after session starts are accepted.
5. No refunds or online credit will be given for cancellations after the child is registered.
6. Parents must communicate to the Youth Department if they are signed up for swim lessons and after school enrichment.
7. Please make sure your child showers, has appropriate footwear, a swim cap, and is on time for class.
8. Swim caps are required for pool entry.
9. Parents must stay in the facility during their child's lesson. (By the hallway observation window or in the Y lobby)
10. NO PHOTOGRAPHY IS ALLOWED for the safety and privacy of our members.