



Spring 2
April 22 2024 –
June 9, 2024

Registration:

Full Privilege: April 8, 2024

Program Members: April 15, 2024

Additional Weekday Classes Have Been Added

GROUP SWIM LESSONS

Register online or with the Front desk

Email any questions to
Mary Ellen: Our Aquatic Coordinator at
Mary.bailor@ymcadc.org
with any questions



EASY TO ENROLL



***ACTIVE YMCA MEMBERSHIP IS REQUIRED**
PRIOR TO REGISTRATION*

Swim Lessons Schedule

April 22, 2024- June9, 2024

BABIES (6 months through 3 years) - Parent & Child - 7 Weeks

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Water Discovery Stage A	Saturday	8:25 AM	8:55 AM	02101-04	\$99	\$163
Water Discovery Stage A	Sunday	9:00 AM	9:30 AM	02101-12	\$99	\$163
Water Exploration Stage B	Saturday	9:00 AM	9:30 AM	02101-60	\$99	\$163
Water Exploration Stage B	Saturday	9:35 AM	10:05 AM	02101-48	\$99	\$163
Water Exploration Stage B	Sunday	9:35 AM	10:05 AM	02101-05	\$99	\$163
Water Independence Stage C	Sunday	10:10 AM	10:40 AM	02101-30	\$99	\$163

Stage C is a new class we are running this session. Participants in Stage C should have taken a previous parent and child course or have been previously exposed to the pool. The goal of this class is to prepare late 2 year, 3-, and 4-year-old children for the Pre-School 1 course where they will participate without parent support in the water. Stage C is meant for those that still rely on parental support unlike the Preschool Stage 1 course. The class provides more interaction between child and teacher than Stage A and Stage B with a smaller teacher to student ratio. The goal is by the end of the class we can filter the parents out of the water to work with just the instructor.

PRESCHOOL CLASSES (3 years through 5 years) - 7 Weeks

Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Stage 1 - Water Acclimation	Thursday	4:55 PM	5:25 PM	02101-61	\$99	\$163
Stage 1 - Water Acclimation	Saturday	10:10 AM	10:40 AM	02101-09	\$99	\$163
Stage 1 - Water Acclimation	Saturday	11:15 AM	11:45 AM	02101-56	\$99	\$163
Stage 1 - Water Acclimation	Saturday	12:40 PM	1:10 PM	02101-16	\$99	\$163
Stage 1 - Water Acclimation	Sunday	10:45 AM	11:15 AM	02101-10	\$99	\$163
Stage 2 - Water Movement	Thursday	5:30 PM	6:00 PM	02102-08	\$99	\$163
Stage 2 - Water Movement	Friday	5:00 PM	5:30 PM	02102-05	\$99	\$163
Stage 2 - Water Movement	Saturday	10:40 AM	11:10AM	02102-02	\$99	\$163
Stage 2- Water Movement	Saturday	11:50 AM	12:20 PM	02102-03	\$99	\$163
Stage 2- Water Movement	Sunday	11:20 AM	11:50 AM	02102-04	\$99	\$163
Stage 2-Water Movement	Sunday	12:35 PM	1:05PM	02102-20	\$99	\$163
Stage 3- Water Stamina	Saturday	11:30 AM	12:00 PM	02103-01	\$99	\$163
Stage 3- Water Stamina	Sunday	11:55 AM	12:25 PM	02103-02	\$99	\$163
Stage 4 Stroke Introduction	Saturday	12:05 AM	12:35 PM	02104-01	\$99	\$163
Stage 4 Stroke Introduction	Sunday	12:00 PM	12:30 PM	02104-02	\$99	\$163



Swim Lessons Schedule

April 22, 2024- June 9, 2024

YOUTH (6 years through 12 years) - 7 Weeks						
Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Stage 1 - Water Acclimation	Saturday	10:45 AM	11:25 AM	02201-01	\$117	\$201
Stage 1 - Water Acclimation	Sunday	10:30 AM	11:10AM	02201-02	\$117	\$201
Stage 2- Water Movement	Saturday	9:55 AM	10:35 AM	02202-38	\$117	\$201
Stage 2 - Water Movement	Sunday	11:15 AM	11:55 AM	02202-02	\$117	\$201
Stage 3 - Water Stamina	Saturday	9:10 AM	9:50 AM	02203-01	\$117	\$201
Stage 3-Water Stamina	Sunday	9:45 AM	10:25 AM	02203-02	\$117	\$201
Stage 4- Stroke Introduction	Friday	5:35PM	6:15PM	02204-06	\$117	\$201
Stage 4- Stroke Introduction	Saturday	12:25 PM	1:05 PM	02204-01	\$117	\$201
Stage 4- Stroke Introduction	Sunday	9:00 AM	9:40 AM	02204-02	\$117	\$201
Stage 5 - Stroke Development	Friday	6:20PM	7:00PM	02204-05	\$117	\$201
Stage 5 - Stroke Development	Sunday	12:30 PM	1:10 AM	02204-04	\$117	\$201

ADULT SWIM LESSONS (13 years old and above) - 8 weeks						
Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Adult - Basics	Tuesdays	7:00 PM	7:40 PM	02301-01	\$133	\$229
Adult - Intermediate	Wednesdays	7:00 PM	7:40 PM	02301-02	\$133	\$229



YMCA Swim Lessons Stages



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



YMCA Swim Lessons Stages



STAGE DESCRIPTIONS

SWIM STARTERS

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.



A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

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



1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

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.



4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

SWIM LESSONS

POLICY

Items to bring for Lesson:

- Goggles (preferable)
- Swim cap (preferred)
- Shoulder length hair needs to be in pony tail
- Flip flops or pool shoes (no street shoes on the pool deck)
- Swim dippers with rubber swim pants for babies/ toddlers (anyone who is not toilet trained)





SWIM LESSONS POLICY

Make-Up Policy

There are NO make-ups for missed classes, whether your child is sick, out of town, or unable to attend. Your child may not attend a class at another time slot in place of a missed class. This is because there is an instructor to participant ratio that we are required to follow.

Refund / Cancellation Policy

1. The Y-ALX aquatics department will not credit/refund money due to medical reasons.
2. Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatics Director. The credits on members account are only good for 1 year. After that year, they will expire.

Instructional/Programs: If a participant cancels, the following policy will be followed:

1. Participants cancel before the first class – 90% refund
 2. Participants cancel after the first class- 75% YMCA credit only. No refund provided.
 3. Participants cancel after the first class- 50% YMCA credit only. No refund provided.
 4. Members are NOT eligible for credit or refund after the third class.
- If the Y-ALX cancels the class or reschedules a course at the beginning of the session, full credit/refund will be given, if transfer to another class is not possible.
 - The YMCA does not offer make-up for individual absences.
 - All programs have a minimum enrollment number of three participants. Programs with fewer participants may be combined or canceled. You will have the option of receiving a full refund/credit or switching to another similar price program or class.
 - Only the Aquatics Director will approve a refund for a reason not mentioned above.
 - Late registration will not be prorated and no registration after the second class