



Fall
September 2, 2024–
October 27, 2024

Registration:

Full Privilege: August 19, 2024

Program Members: August 26, 2024

Additional Adult Classes Have Been Added

GROUP SWIM LESSONS

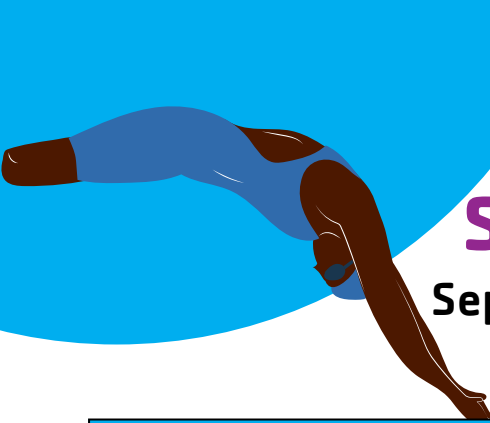
Register online or with the Front desk

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

September 2, 2024- October 27, 2024

BABIES (6 months through 3 years) - Parent & Child - 8 Weeks						
Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Water Discovery Stage A	Sunday	9:00 AM	9:30 AM	02101-12	\$113	\$186
Water Discovery Stage A	Saturday	9:00 AM	9:30 AM	02101-60	\$113	\$186
Water Exploration Stage B	Saturday	8:25 AM	8:55 AM	02101-04	\$113	\$186
Water Exploration Stage B	Saturday	9:35 AM	10:05 AM	02101-48	\$113	\$186
Water Exploration Stage B	Sunday	9:35 AM	10:05 AM	02101-05	\$113	\$186
Water Independence Stage C	Sunday	10:10 AM	10:40 AM	02101-30	\$113	\$186

PRESCHOOL CLASSES (3 years through 5 years) - 8 Weeks						
Stage	Day	Start Time	End Time	Code	Full Member Price	Program Member Price
Stage 1- Water Acclimation	Thursday	4:50 PM	5:20 PM	02101-61	\$113	\$186
Stage 1- Water Acclimation	Saturday	10:10 AM	10:40 AM	02101-09	\$113	\$186
Stage 1 - Water Acclimation	Saturday	11:15 AM	11:45 AM	02101-56	\$113	\$186
Stage 1 - Water Acclimation	Saturday	12:40 PM	1:10 PM	02101-16	\$113	\$186
Stage 1 - Water Acclimation	Sunday	10:45 AM	11:15 AM	02101-10	\$113	\$186
Stage 2 - Water Movement	Thursday	5:25 PM	5:55 PM	02102-08	\$113	\$186
Stage 2 - Water Movement	Friday	5:00 PM	5:30 PM	02102-05	\$113	\$186
Stage 2 - Water Movement	Saturday	10:40 AM	11:10AM	02102-02	\$113	\$186
Stage 2- Water Movement	Saturday	11:50 AM	12:20 PM	02102-03	\$113	\$186
Stage 2- Water Movement	Sunday	11:20 AM	11:50 AM	02102-04	\$113	\$186
Stage 2-Water Movement	Sunday	12:35 PM	1:05PM	02102-20	\$113	\$186
Stage 3- Water Stamina	Saturday	11:30 AM	12:00 PM	02103-01	\$113	\$186
Stage 3- Water Stamina	Sunday	11:55 AM	12:25 PM	02103-02	\$113	\$186
Stage 4 Stroke Introduction	Saturday	12:05 PM	12:35 PM	02104-01	\$113	\$186
Stage 4 Stroke Introduction	Sunday	12:00 PM	12:30 PM	02104-02	\$113	\$186

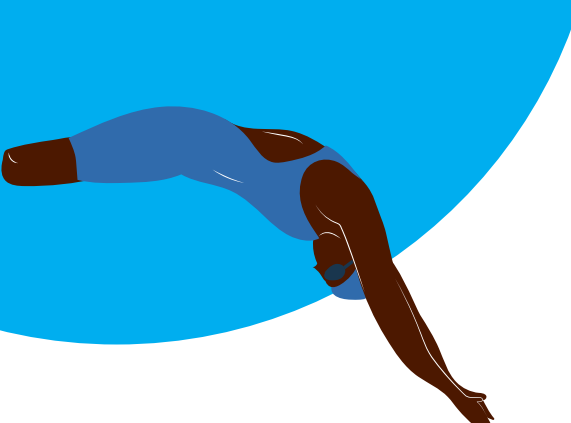


Swim Lessons Schedule

September 2, 2024-October 27, 2024

YOUTH (6 years through 12 years) - 8 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	\$133	\$229
Stage 1 - Water Acclimation	Sunday	10:30 AM	11:10AM	02201-02	\$133	\$229
Stage 2- Water Movement	Saturday	9:55 AM	10:35 AM	02202-38	\$133	\$229
Stage 2 - Water Movement	Sunday	11:15 AM	11:55 AM	02202-02	\$133	\$229
Stage 3 - Water Stamina	Saturday	9:10 AM	9:50 AM	02203-01	\$133	\$229
Stage 3-Water Stamina	Sunday	9:45 AM	10:25 AM	02203-02	\$133	\$229
Stage 4- Stroke Introduction	Friday	5:35PM	6:15PM	02204-06	\$133	\$229
Stage 4- Stroke Introduction	Saturday	12:25 PM	1:05 PM	02204-01	\$133	\$229
Stage 4- Stroke Introduction	Sunday	9:00 AM	9:40 AM	02204-02	\$133	\$229
Stage 5 - Stroke Development	Friday	6:20PM	7:00PM	02204-05	\$133	\$229
Stage 5 - Stroke Development	Sunday	12:30 PM	1:10 PM	02204-04	\$133	\$229

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
Adult - Advance	Thursday	7:00 PM	7:40 PM	02301-03	\$133	\$229
Adult Swimming for Fitness'	Fridays	7:00 PM	7:40 PM	02301-04	\$133	\$229



Safety Around Water Classes

Every First and Last Saturday of each Month

The YMCA of Metropolitan DC has partnered with Delta Airlines with a special grant to bring water safety information to our community. This will be a free class that will be offered to the community to talk about all things concerning water safety. We will have two different formats for this class. The first Saturday of the month will be geared towards parents and children while the last Saturday of the month will be geared towards teenagers and adults. These will be free classes that are offered to anyone who would like to learn more about water safety. Membership to the YMCA is not required.

Please Register with the front Desk to secure your spot.

Schedule for Safety Around Water Classes

Parent and Child Safety Around Water

Month	Day	Start Time	End Time	Code
September	Saturday September 7th	3:00PM	3:30PM	02601-80
October	Saturday October 5th	3:00PM	3:30PM	02601-82
November	Saturday November 2nd	3:00PM	3:30PM	02601-84
December	Saturday December 7th	3:00PM	3:30PM	02601-86

Teen and Adult Safety Around Water

September	Saturday September 28th	3:00PM	3:30PM	02601-81
October	Saturday October 26th	3:00PM	3:30PM	02601-83
November	Saturday November 23rd	3:00PM	3:30PM	02601-85
December	Saturday December 21st	3:00PM	3:30PM	02601-86



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.

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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