GROUP SWIM LESSONS

Winter I Session: January 3-February 20

Winter II Session: February 21-April 18

No lessons April 4–10.

30-Minute: Member: $73.50 • Non-Member: $147

45-Minute: Member: $84 • Non-Member: $168

INFANT/TODDLER 6 Months–3 Years	Length	MON	TUE	WED	THUR	FRI	SAT
Water Discovery/ Water Exploration	30 min	10:15 AM (AR)					10:45 AM (V)

PRESCHOOL 3–5 Years		MON	TUE	WED	THUR	FRI	SAT
Water Acclimation/ Water Movement	30 min	10:45 AM (AR) 4:30 PM (L)		4:30 PM (L)			10:15 AM (V)
Water Stamina/ Stroke Introduction	30 min	4:30 PM (V)		4:30 PM (V)			

SCHOOL AGE 6-12 Years		MON	TUE	WED	THUR	FRI	SAT
Water Stamina/ Stroke Introduction	45 min	5:00 PM (L)		5:00 PM (L)			11:15 AM (V)
Stroke Development	45 min	5:00 PM (V)					
Stroke Mechanics* (Jr. Dolphins)	45 min	*Member: $126 *Non-Member: $252		5:00 PM (V) Meets Wed&Sat			9:30 AM (V) Meets Wed&Sat

ADULT 13+ Years		MON	TUE	WED	THUR	FRI	SAT
Adult Lessons	45 min	Please register for for private or semi-private lessons. Days & Times vary.					

SPECIALTY		MON	TUE	WED	THUR	FRI	Cost
Aqua Greyhounds Masters Swim Team	75 min		6:40-7:30 PM (SA)		6:40-7:40 PM (SA)		10-Punch Card Member: $30 Non-Member: $60

A – Andre **V** – Vanya **SA** – Samuel
S – Sherri **L** – LeeAnn **AR** – Aruna

Private & Semi Private Swim Lessons

A YMCA certified swim instructor could be just what you or your child needs to get comfortable in the water or achieve your swimming goals. Your lessons are designed to meet your specific needs. Punch cards are available for private and semi-private lessons for all ages. Please contact Sammee Schaller, aquatics director, at sschaller@ymcagm.org for more information and to register. *For ages 6 months+.*

6 Private Half-Hour Punches	6 Semi-Private Half-Hour Punches
Member: $126 Non-Member: $252	Member: $96 Non-Member: $192

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.

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.

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.

Which stage is the student ready for?

Question		
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
Can the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on their own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10–15 yards on their 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