



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SWIM LESSONS:**  
**2024 FALL SESSION 1**  
**Monday September 9th—**  
**Saturday October 26th**

Registration Opens:

Members: Monday, August 19th

General Public: Wednesday, August 21st

**NO CLASS Monday October 14th Indigenous Peoples' Day**

**PARENT & CHILD LESSONS** (ratio 1:10)

**Fee:** 7 weeks: Member \$154 General Public \$189

**WATER DISCOVERY/ACCLIMATION**

*for children 6months-3years*

Introduces parents, infants & toddlers to the aquatic environment through exploration & encourages them to enjoy while learning about the water. Together learn to develop comfort and safety in and around the water. Lays the foundation that allows for student's future progress in swimming.

**Friday:** 9:30am-10:00am

**Saturday:** 9:00-9:30am

**NEW SINGLE DAY DROP IN OPTION!**

Members \$25 Public \$30

**PRESCHOOL/KINDERGARTEN**

*For children ages 3-6*

**Fee:** 7 weeks: Member \$154 Public \$189

(Mondays 6 weeks Member \$132 Public \$162)

**1 WATER ACCLIMATION** (ratio 1:4) Students develop comfort with underwater exploration. Lays the foundation that allows for student's future progress.  
**Monday** 3:30-4:00pm **Tuesday** 4:05-4:35pm  
**Wednesday** 4:50-5:20pm **Thursday** 4:05-4:35pm  
**Saturday** 9:30-10:00am

**2 WATER MOVEMENT** (ratio 1:4) Focus on body position & control, directional change, & forward movement while also continuing water safety education.  
**Monday** 4:40-5:10pm **Tuesday** 3:30-4:00pm  
**Wednesday** 4:35-5:05pm  
**Saturday** 10:05-10:35am

**3 WATER STAMINA** (ratio 1:5) Learn how to swim safely for a longer distance. Introduces rhythmic breathing & integrated arm and leg action.  
**Monday** 4:05-4:35pm **Tuesday** 4:40-5:10pm  
**Wednesday** 5:10-5:40pm **Thursday** 4:40-5:10pm

**4 STROKE INTRODUCTION** (ratio 1:5) Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.  
**Monday** 4:50-5:20pm **Tuesday** 4:50-5:20pm  
**Wednesday** 4:00-4:30pm **Thursday** 3:30-4:00pm



**Online Sign Up Strongly Encouraged**  
**Please go to [ymcamv.org/swim-lessons](http://ymcamv.org/swim-lessons) to register.**

**Instructions included on website. Thank you!**  
**\*Financial Assistance is available!**

Email Mo Harris with questions: [mharris@ymcamv.org](mailto:mharris@ymcamv.org)

**SCHOOL AGE**

45 minute class; ages 6-12

**Fee: Fee:** 7 weeks Member \$154 Public \$189  
(Mondays 6 weeks Member \$132 Public \$162)

**2/3 WATER MOVEMENT & STAMINA** (ratio 1:5) (ratio 1:6) Focus on body position & control, directional change & forward movement while also continuing water safety education. Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.

**Monday** 3:15-4:00pm

**Wednesday** 4:00-4:45pm

**Thursday** 4:55-5:40pm

**4 STROKE INTRODUCTION** (ratio 1:6) Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke. Instructor will teach from deck as much as possible.

**Monday** 4:00-4:45pm

**Wednesday** 3:15-4:00pm

**Thursday** 3:15-4:00pm

**5 STROKE DEVELOPMENT** (ratio 1:7) Work on stroke technique & learn all major competitive strokes. The emphasis on water safety continues through treading water & sidestroke. Instructor will teach from deck as much as possible.

**Tuesday** 3:15-4:00pm

**Thursday** 4:05-4:50pm

**OR JOIN MAKOS SWIM TEAM!**

**6 STROKE MECHANICS** (ratio 1:8) Refine stroke technique on all major competitive strokes, learn about competitive swimming & discover how to incorporate swimming into a healthy lifestyle.

**Tuesday** 4:00-4:45pm

**OR JOIN MAKOS SWIM TEAM!**