



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS: SPRING 1, 2025

**Monday, March 3rd—
Saturday April 19th.**

Registration Opens:

Members: Monday, February 17th

General Public: Wednesday, February 19th



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

Online Sign Up Strongly Encouraged

Please go to ymcamv.org/swim-lessons to register.

Instructions included on website. Thank you!

*Financial Assistance is available!

Email Mo Harris with questions: mharris@ymcamv.org

SCHOOL AGE

45 minute class; ages 6-12

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

2/3

WATER MOVEMENT & STAMINA (ratio 1:6)

(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 3:30-4:15pm

Wednesday 4:20-5:05pm

Thursday 5:10-5:55pm

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 4:20-5:05pm

Wednesday 3:30-4:15pm

Thursday 3:30-4:15pm

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 3:30-4:15pm

Thursday 4:20-5:05pm

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 4:20-5:05pm

OR JOIN MAKOS SWIM TEAM!

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 5:10-5:40pm **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 5:10-5:40pm

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 5:10-5:40pm **Tuesday** 5:10-5:40pm

Wednesday 4:00-4:30pm **Thursday** 3:30-4:00pm