



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS: WINTER 2025

**Monday, January 6th—
Saturday February 22nd.**

Registration Opens:

Members: Monday, December 16th

General Public: Wednesday, December 18th

NO CLASSES:

Wednesday 1/8/25—MVRHS swim meet.

Mondays 1/20/25 MLK day, and 2/17/25 Presidents 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 (Tues/Thurs/Sat): Member \$154 Public \$189

(Mondays 5 weeks \$110/\$135 Wednesday 6 weeks \$132/\$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 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 (Tues/Thurs): Member \$154 Public \$189
(Mondays 5 weeks \$110/\$135 Wednesday 6 weeks \$132/\$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 1:5)

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 1:6)

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 1:6)

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!