

## SWIM LESSON CLASS DISCRIPTIONS

### Parent/Child Classes – 3 years and under

**Water Discovery**– Introduces infants and toddlers to the aquatic environment

**Water Exploration**– Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

### Stages 1-6– 3 years and up

**Water Acclimation**– Increase comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

**Water Movement**– Encourages forward movement and basic self rescue skills performed independently

**Water Stamina**– Develops intermediate self-rescue skills performed at longer distance than in previous stages

**Stroke Introduction**– Introduces basic stroke technique in front crawl and back crawl and reinforce water safety through treading water and elementary backstroke

**Stroke Development**– Introduces breast stroke and butterfly and reinforces water safety through treading water and side stroke

**Stroke Mechanics**– Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

## WHAT STAGE IS THE BEST FIT?

If you answer YES, move to the next question.

1. Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER  
DISCOVERY

2. Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER  
EXPLORATION

3. Will the student go underwater voluntarily?

NOT YET

1 / WATER  
ACCLIMATION

4. Can the student do a front and back float on his or her own?

NOT YET

2 / WATER  
MOVEMENT

5. Can the student swim 10-15 yards on his or her front and back?

NOT YET

3 / WATER  
STAMINA

6. Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE  
INTRODUCTION

7. Can the student swim front crawl, back crawl, and breast stroke across the pool? (25 yards)

NOT YET

5 / STROKE  
DEVELOPMENT

8. Can the student swim front crawl, back crawl, and breast stroke across the pool and back? (50 yards)

NOT YET

6 / STROKE  
MECHANICS

## SWIM LESSON RATES

### GROUP LESSONS

4 WEEK SESSION

MEMBER: \$25 NONMEMBER: \$40

### PRIVATE LESSONS

1 LESSON= MEMBER: \$20 NONMEMBER: \$35

6 LESSONS= MEMBER: \$100 NONMEMBER: \$150

### PARENT/CHILD LESSONS

4 WEEK SESSION

MEMBER: \$25 NONMEMBER: \$40

### ADULT LESSONS

4 WEEK SESSION

MEMBER: \$25 NON-MEMBERS: \$40



# SWIMMING LESSONS

# DOWNTOWN SWIM LESSON SCHEDULE AUGUST THROUGH NOVEMBER

(1 A WEEK FOR 4 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY
8:30am - 9:15am		Adult (12+) 8:30-9:30a			9:00am - 9:45am	STAGE 1
						STAGE 2
					9:45am - 10:30am	STAGE 5
						STAGE 6
					10:00am - 10:30am	STAGE A
5:00pm - 5:45pm	STAGE 1	STAGE 1	STAGE A	STAGE 1		STAGE B
	STAGE 2	STAGE 2	STAGE B	STAGE 2	10:30am - 11:15am	STAGE 3
5:45pm - 6:30pm	STAGE 3	STAGE 3	STAGE 1	STAGE 3		STAGE 4
	STAGE 4	STAGE 4	STAGE 2	STAGE 4		
6:30pm - 7:15pm	STAGE 5	SWIM CLUB	STAGE 3	SWIM CLUB		
	STAGE 6	Adult (12+)	STAGE 4	Adult (12+)		

## REGISTRATION DATES

SESSIONS	REGISTRAION BEGINS	REGISTRAION ENDS	SESSION STARTS	SESSION ENDS
AUGUST	JULY 27TH	AUGUST 5TH	AUGUST 6TH	SEPTEMBER 1ST
SEPTEMBER	JULY 27TH	SEPTEMBER 2ND	SEPTEMBER 3RD	SEPTEMBER 29TH
OCTOBER	JULY 27TH	SEPTEMBER 30TH	OCTOBER 1ST	OCTOBER 27TH
NOVEMBER	JULY 27TH	OCTOBER 28TH	OCTOBER 29TH (WE WILL SKIP THE WEEK OF THANKSGIVING)	DECEMBER 1ST
DECEMBER	JULY 27TH	DECEMBER 2ND	DECEMBER 3RD	DECEMBER 20TH

## DECEMBER SPECIAL!

(2 TIMES A WEEK FOR 3 WEEKS)

	Mon. & Wed.	Tues. & Thurs.
5:00pm - 5:45pm	STAGE 1	STAGE 1
	STAGE 2	STAGE 2
5:45pm - 6:30pm	STAGE 3	STAGE 3
	STAGE 4	STAGE 4
6:30pm - 7:15pm	STAGE 5	SWIM CLUB
	STAGE 6	Adult (12+)

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