

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



the
YMCA

SUMMER
SWIMMING
LESSONS

DOWNTOWN SWIM LESSON SCHEDULES

(1 A WEEK FOR 4 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY
8:30am - 9:15am		Adult (12+) 8:30-9:30a		STAGE 4	9:00am - 9:45am	STAGE 1
				STAGE 3		STAGE 2
9:15am - 10:00am				STAGE 2	9:45am - 10:30am	STAGE 5
				STAGE 1		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+)		

DOWNTOWN YMCA
 315 S. 6th St.
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