

SWIM LESSON CLASS DESCRIPTIONS

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 NON-MEMBER: \$40

PRIVATE LESSONS

1 LESSON= MEMBER: \$20 NON-MEMBER: \$35
6 LESSONS= MEMBER: \$100 NON-MEMBER: \$150

PARENT/CHILD LESSONS

4 WEEK SESSION
MEMBER: \$25 NON-MEMBER: \$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 - 9:30am	STAGE A
						STAGE B
					9:00am - 9:45am	STAGE 1
						STAGE 2
					9:45am - 10:30am	STAGE 5
5:00pm - 5:45pm	STAGE 1	STAGE 1	STAGE A	STAGE 1		STAGE 6
	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	SESSION STARTS	SESSION ENDS
JANUARY	DECEMBER 26TH	JANUARY 7TH	FEBRUARY 2ND
FEBRUARY	DECEMBER 26TH	FEBRUARY 4TH	MARCH 2ND
MARCH	DECEMBER 26TH	MARCH 4TH	MARCH 30TH
APRIL	DECEMBER 26TH	APRIL 1ST	APRIL 27TH
MAY	DECEMBER 26TH	APRIL 29TH	MAY 25TH



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