

## 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 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 SEPTEMBER & 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 5
						STAGE 6
					9:45am - 10:30am	STAGE 1
5:00pm - 5:45pm		STAGE 1	STAGE A & B	STAGE 1		STAGE 2
			STAGE 4	STAGE 2	10:30am - 11:15am	STAGE 3
5:45pm - 6:30pm		STAGE 2	STAGE 5	STAGE 3		STAGE 4
				STAGE 4		
6:30pm - 7:15pm		STAGE 3	STAGE 6	STAGE 5		
				STAGE 6		

## REGISTRATION DATES

SESSIONS	REGISTRATION BEGINS	REGISTRATION ENDS	SESSION STARTS	SESSION ENDS
AUGUST	JULY 29TH	AUGUST 9TH	AUGUST 5TH	AUGUST 31ST
SEPTEMBER	JULY 29TH	SEPTEMBER 7TH	SEPTEMBER 2ND	SEPTEMBER 28TH
OCTOBER	JULY 29TH	OCTOBER 5TH	OCTOBER 1ST	OCTOBER 26TH
NOVEMBER	JULY 29TH	NOVEMBER 9TH	NOVEMBER 4TH (WE WILL SKIP THE WEEK OF THANKSGIVING)	NOVEMBER 30TH
DECEMBER	JULY 29TH	DECEMBER 7TH	DECEMBER 2ND	DECEMBER 28TH

## 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+)

**DOWNTOWN YMCA**  
315 S. 6th St.  
St. Joseph, MO 64501  
816-233-YMCA  
(9622)

