

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

SESSIONS	REG BEGINS	REG ENDS	SESSION STARTS	SESSION ENDS
WINTER 1	UNDERWAY	JANUARY 18	JANUARY 20	MARCH 7
WINTER 2	OPEN	MARCH 14	MARCH 16	MAY 2
SPRING 1	OPEN	MAY 9	MAY 11	JUNE 27
SUMMER 1	OPEN	JULY 3	JULY 6	AUGUST 15
SUMMER 2	OPEN	AUGUST 21	AUGUST 24	OCTOBER 10

The Y has been teaching *kids* how to *swim* for more than a century, providing lessons about water safety in a fun and safe environment. With a wide range of *swimming* lesson options and convenient class times, you'll be sure to find something that meets your family's needs and busy schedule.

SWIM LESSON RATES

GROUP LESSONS (PRESCHOOL AND SCHOOL AGE)

7 WEEK SESSION
MEMBER: \$35 NONMEMBER: \$49

PRIVATE LESSONS

1 LESSON= MEMBER: \$25 NONMEMBER: \$40
7 LESSONS= MEMBER: \$140 NONMEMBER: \$200

PARENT/CHILD LESSONS

7 WEEK SESSION
MEMBER: \$35 NONMEMBER: \$49

ADULT LESSONS

7 WEEK SESSION
MEMBER: \$35 NON-MEMBERS: \$49





DOWNTOWN SWIM LESSON SCHEDULE

JANUARY - JUNE

(1 A WEEK FOR 7 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
8:30 am - 9:30 am		Adult (12+)			9:00 am - 9:30 am
5:00 pm - 5:45 pm	STROKE INTRODUCTION STAGE 4	WATER ACCLIMATION STAGE 1	WATER DISCOVERY STAGE A	WATER ACCLIMATION STAGE 1	WATER DISCOVERY STAGE A
5:00 pm - 5:45 pm			WATER EXPLORATION STAGE B		WATER EXPLORATION STAGE B
5:45 pm - 6:30 pm	STROKE DEVELOPMENT STAGE 5	WATER MOVEMENT STAGE 2		WATER MOVEMENT STAGE 2	9:30 am - 10:15 am
6:30 pm - 7:15 pm	STROKE INTRODUCTION STAGE 6	WATER STAMINA STAGE 3		WATER STAMINA STAGE 3	WATER ACCLIMATION STAGE 1
					STROKE INTRODUCTION STAGE 4
					10:15 am - 11:00 am
					WATER MOVEMENT STAGE 2
					STROKE DEVELOPMENT STAGE 5
					11:00 am - 11:45 am
					WATER STAMINA STAGE 3
					STROKE INTRODUCTION STAGE 6

SCHOOL AGE, TEEN & ADULT

PARENT & CHILD PRESCHOOL

A
Water Discovery

Student not yet able to respond to verbal cues and jump on land.

B
Water Exploration

Student not yet comfortable working with an instructor without a parent in the water.

1
Water Acclimation

Student not yet able to go underwater voluntarily.

2
Water Movement

Student not yet able to do a front and back float on his or her own.

3
Water Stamina

Student not yet able to swim 10-15 yards on his or her front and back.

4
Stroke Introduction

Student not yet able to swim 15 yards of front and back crawl.

5
Stroke Development

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

6
Stroke Mechanics

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

SWIM STARTERS
Swim readiness skills

SWIM BASICS
Recommended skills for all to have around water

SWIM STROKES
Skills to support a healthy lifestyle

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