



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL #1 SWIM LESSONS

Northshore YMCA September 9–October 27

FALL #1 SESSION DATES & FEES

September 9–October 27

FEES	FM	CM
7 weeks	\$70	\$90

FALL #1 REGISTRATION DATES

FM	August 26, 2017	7:00 am
CM	August 30, 2017	8:00 am

PRIVATE SWIM LESSONS

FM/CM	August 26, 2017	7:00 am
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PRESCHOOL SWIM LESSONS

AGES: 3–5yrs

Stage 1: Water Acclimation For preschool age children who have never had swim lessons or are afraid of the water.

Saturdays	Sundays	Mondays	Wednesdays	Thursdays
9:00, 10:00	10:00 4:30, 6:00	10:00, 11:30	4:00	10:00, 11:30

Stage 2: Water Movement For preschool age children who are comfortable in the water and able to swim and float assisted for 5 feet.

Saturdays	Sundays	Mondays	Wednesdays	Thursdays
9:00, 9:30 11:30	10:30	11:00, 5:00	4:30	10:30

Stage 3: Water Stamina For preschool age children who can swim 10 yards unassisted with their face in the water.

Saturdays	Sundays	Mondays	Wednesdays	Thursdays
10:00, 11:00	11:00	5:30	5:00	11:00

Stage 4: Stroke Introduction For preschool age children who can swim 15 yards with their face in the water.

Mondays 6:30

SCHOOL AGE SWIM LESSONS AGES: 6-12yrs

Stage 1: Water Acclimation For school age children who have never had swim lessons or are afraid of the water.

Saturdays 10:30	Sundays 11:30	Mondays 4:30	Wednesdays 6:00
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Stage 2: Water Movement For school age children who are comfortable in the water and able to swim and float assisted for 10 feet.

Saturdays 10:30, 11:00	Sundays 10:30, 12:00	Mondays 5:00	Wednesdays 6:30
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Stage 3: Water Stamina For school age children who can swim 15 yards unassisted with their face in the water.

Saturdays 9:30, 11:00 11:30	Sundays 11:00, 12:30	Mondays 5:30	Wednesdays 5:30
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Stage 4: Stroke Introduction For school age children who have mastered the fundamentals and can swim 15 yards with their face in the water.

Saturdays 9:00, 10:00 11:30	Sundays 10:00, 11:30	Mondays 6:00	Wednesdays 5:00, 6:30
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Stage 5: Stroke Development For school age children who can swim 25 yards and show endurance in the water with any stroke.

Saturdays 9:30	Sundays 12:00	Mondays 6:30	Wednesdays 5:30
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Stage 6: Stroke Mechanics For school age children who can swim 50 yards and show endurance in the water with any stroke.

Saturdays 10:30	Sundays 12:30	Mondays 5:00	Wednesdays 6:00
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ADULT SWIM LESSONS AGES: 13+

Beginner: For individuals who have never had swim lessons or are uncomfortable around water.

Saturdays
10:00

Intermediate: For individuals who are comfortable in the water, and able to swim and float unassisted up to 15ft.

Saturdays
10:30

PARENT & CHILD SWIM LESSONS

AGES: 6mo-3yrs

Stage A: Water Discovery Infants and toddlers will become comfortable in the water and develop swim readiness skills. Parents learn important water safety skills and supervision.

Mondays
10:30

Stage B: Water Exploration In stage B, parents work with their children to explore body positions, floating, blowing bubbles and aquatic safety.

Mondays
10:30