

# YMCA SWIM LESSONS

8 classes 1/week | Y-members \$40 | Non-members \$80

**GATEWAY  
REGION YMCA  
MOBILE APP**  
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## EAST BELLEVILLE YMCA

STARTERS



### A: WATER DISCOVERY

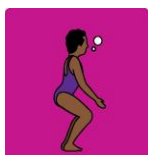
Stage A introduces infants and toddlers to the aquatic environment.



### B: WATER EXPLORATION

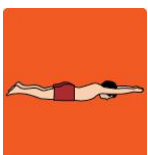
Stage B focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS



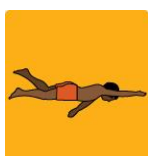
### 1: WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.



### 2: WATER MOVEMENT

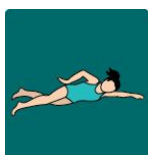
Encourages forward movement in water and basic self-rescue skills performed independently.



### 3: WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES



### 4: STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.



### 5: STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.



### 6: STROKE MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Parent Child: 6mo.- 3 years	Days	Time (30 mins)
<b>A</b> Water Discovery	Sat.	2:00 pm
<b>B</b> Water Exploration	Sun.	4:20 pm
Preschool: 3 - 5 years	Days	Time (30 mins)
<b>1</b> Water Acclimation	Sat.	2:35 pm • 3:10 pm
	Sun.	2:35 pm • 3:10 pm
<b>2</b> Water Movement	Sat.	2:35 pm • 3:10 pm • 3:45 pm
	Sun.	2:35 pm • 3:10 pm
<b>3</b> Water Stamina	Sat.	4:20 pm
	Sun.	3:45 pm
School Age: 5 - 12 years	Days	Time (30 mins)
<b>1</b> Water Acclimation	Sat.	2:00 pm • 3:45 pm
	Sun.	2:00 pm • 3:45 pm
<b>2</b> Water Movement	Sat.	2:35 pm • 3:45 pm
	Sun.	2:35 pm • 3:10 pm
<b>3</b> Water Stamina	Sat.	3:10 pm
	Sun.	2:00 pm • 3:45 pm
<b>4</b> Stroke Introduction	Sat.	4:20 pm
	Sun.	4:20 pm

## PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Ask about Private and Semi Private Swim Lesson options for all ages.

## Contact Information

Aquatic Director: Stephanie Kraus

Email: [Stephanie.kraus@qwrymca.org](mailto:Stephanie.kraus@qwrymca.org)

Phone: 618.236.9983

## TWO WAYS TO REGISTER

Beginning Oct. 8 for Y-members, Oct. 15 for Non-members



**ONLINE**  
gwrymca.org/programs



**IN PERSON**  
at the Welcome Center