

Y SWIM LESSONS

8 classes 2/week | Y-members \$35 | Non-members \$70

Session Runs*:
Oct 29 – Nov 21
*Parent Child Runs:
Oct 29 – Dec 23

**GATEWAY
REGION YMCA
MOBILE APP**
Browse on Mobile

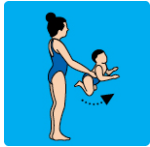


MONROE COUNTY YMCA

STARTERS

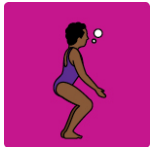


A: WATER DISCOVERY
Stage A introduces infants and toddlers to the aquatic environment.

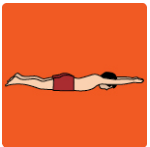


B: WATER EXPLORATION
Stage B focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

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.



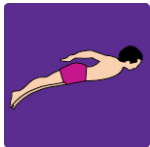
3: WATER STAMINA
Develops intermediate self-rescue skills performed at longer distances than in previous stages.



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.

SWIM STROKES

TEEN & ADULT SWIM LESSONS

Please contact the Welcome Center for information on Teen & Adult Lessons.

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Ask about Private Swim Lesson options for all ages

Parent Child: 6 mo.–3 years	Days	Time (30 mins)
A Water Discovery	Mon. Sat.	4:50 pm 9:30 am
B Water Exploration	Sat.	10:10 am

Preschool: 3 - 5 years	Days	Time (30 mins)
1 Water Acclimation	Mon. Wed.	4:50 pm
	Mon. Wed.	5:20 pm
	Mon. Wed.	6:00 pm
	Tues. Thurs.	4:50 pm
	Tues. Thurs.	5:20 pm
2 Water Movement	Tues. Thurs.	6:00 pm
	Mon. Wed.	4:50 pm
	Mon. Wed.	5:20 pm
	Mon. Wed.	6:00 pm
	Tues. Thurs.	4:50 pm
3 Water Stamina	Tues. Thurs.	5:20 pm
	Tues. Thurs.	6:00 pm
	Mon. Wed.	4:50 pm
	Mon. Wed.	5:20 pm
	Mon. Wed.	6:00 pm
4 Stroke Introduction	Tues. Thurs.	6:00 pm

School Age: 5 - 12 years	Days	Time (30 mins) Stages 4, 5 & 6 (40 mins)
1 Water Acclimation	Mon. Wed.	5:20 pm
	Mon. Wed.	6:00 pm
	Tues. Thurs.	5:20 pm
	Tues. Thurs.	6:00 pm
2 Water Movement	Mon. Wed.	5:20 pm
	Mon. Wed.	6:00 pm
	Tues. Thurs.	4:50 pm
	Tues. Thurs.	5:20 pm
3 Water Stamina	Mon. Wed.	5:20 pm
	Mon. Wed.	6:00 pm
	Tues. Thurs.	5:20 pm
	Tues. Thurs.	6:00 pm
4 Stroke Introduction	Mon. Wed.	6:00 pm
	Tues. Thurs.	6:00 pm
5 Stroke Development	Mon. Wed.	6:00 pm
	Tues. Thurs.	6:00 pm
6 Stroke Mechanics	Mon. Wed.	6:00 pm

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